



Competition Fueling for Curling Performance

Summary



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Nutrition for Curling Performance

Before the Game:

Eat:

- Foods rich in carbohydrate (breads/ cereals, bars/ muffins, fruits etc.)

Avoid:

- Foods rich in fat, protein or fiber (fried items, ++ nuts, ++vegetables/ beans etc.)
- Pop sodas drinks
- Foods rich in concentrated sugars (candy, cakes)
- Foods that can cause bloating (legumes, cabbage)

How many hours until your game?

4...

3...

2...

1...

<p>French Fries Chips Ice cream Hamburger Beans and legumes Large pieces of steak, pork or meat Lots of salad dressing Lots of nuts Lots of vegetables</p>	<p>Pasta and sauce Rice and fish Cheese & bread Peanut butter & crackers Chicken sandwich Vegetables and dip Salads Oatmeal *Small amounts of zone 4 foods</p>	<p>Sportbars Yogurt Cereal and milk Crackers *Small amounts of zone 3 foods</p>	<p>Fruit Juice Granola bar Apple sauce Fruit leathers Fig Newtons Pretzels Bread (no spread) *Small amount of zone 2 foods</p>
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These foods are NOT recommended to eat before practices or games. BUT, if you do eat from this food zone, at least 4 HOURS to digest these foods!



Created by: Pearle Nerenberg, MSc RD.

* For those who are anxious or nauseated, liquid **protein-energy drinks** are recommended: **CARNATION** instant breakfast, **BOOST** or **ENSURE**.



Nutrition for Curling Performance

During the Game

Curling is known as “chess on ice”, which means that mental alertness is required throughout the game increasing energy demand. A steady source of fuel and fluids is therefore essential particularly towards the end of the game. Because brushers do more anaerobic work, they might run low on muscle glycogen towards the 90min of the game, and might need more fluids and energy.

The energy source is given in the form of beverages that give carbohydrate, i.e. sports drinks, allowing the maintenance of hydration and energy levels.

For the brushers:

- 1 - 4th end: Drink water between shots
- 5th end break: fig newton/nutrigrain bars or fruits (grapes) + 250 – 500 ml sport drink
- 6th - 10th end: Sport drink sips in between shots

For the skip:

- 1 - 4th end: Drink water between shots
- 5th end break: fig newton/nutrigrain bars or fruits (grapes) + water
- 6th - 10th end: Sport drink sips in between shots or water depending on energy levels.

Homemade sport drink – Use 1:1 amount of juice and water + pinch of salt

Makes 1 L

- 500 ml 100% juice
- 500 ml water
- Pinch of salt

Recommended commercial sport drinks:

- Gatorade
- Powerade



Nutrition for Curling Performance

Before Practice/Game Fuels

To refuel properly in between games, have at least two of the suggested snacks below. Try to combine a solid food with liquids.

Examples:

- Chocolate milk + Cliff energy bar
- Drinkable yogurt + banana/ fruit

For your duffle bag

- **Fruits:**
 - o Banana
 - o Apple sauce
 - o 100% fruit juice packs
 - o Dried fruit
- **Dairy:**
 - o U.H.T chocolate/ vanilla milk
 - o Chocolate/ vanilla soy or almond milk
 - o Portable recovery shake (3/4 cup skim milk powder + 2 tbsps. cocoa powder + 500 ml water)
- **Bars/ Muffins:**
 - o Figs Newton
 - o **VEGA SPORT** protein bar
 - o Energy **CLIFF, VECTOR**
 - o Homemade granola bar/ bites/ muffins (see recipes at end of document)
- **Other:**
 - o Crackers or pretzels with peanut butter/Sunbutter
 - o Protein/Energy drinks: **Boost, Ensure, Carnation, Breakfast Essentials**

For the cooler

- **Fruits:**
 - o **Orange** slices*
 - o Grapes*
- **Dairy:**
 - o Chocolate milk
 - o Drinkable yogurt (Yop, Iogo)



Nutrition for Curling Performance

Post-Practice/Game Fuels

After the game, you need to replace the sweat lost and your muscle glycogen stores as well as ensure muscle repair.

Remember the 3 R's of recuperation:

1. Rebuild → PROTEIN
2. Refuel → CARBOHYDRATE
3. Rehydrate → FLUIDS

Eat within 30 minutes after the game:

- Foods rich in carbohydrate (granola bars, muffin, energy bites, flavored dairy, fruits, breads/ cereals)
- Food rich in protein (yogurt, milk, canned fish, grilled meat/ chicken)
- Fluids (at least 500 – 750 ml of liquids)

Some examples of meal combination:

Less than 1h30-2h between games	1h30-2h+ between games
<i>Can choose one or more food items from the suggestions below depending on appetite and tolerance.</i>	
<ul style="list-style-type: none"> • 250-500 ml chocolate milk + clif energy + fruit • Peanut butter & jelly sandwich + 250-500 ml chocolate milk • Homemade muffin/ bar + milk or Greek yogurt + fruit 	<ul style="list-style-type: none"> • Tuna/ egg sandwich with fruit or Greek yogurt/ milk • Grilled chicken/ meat sandwich with fruit/ Greek yogurt/ milk • Pasta/ bean salad (if tolerated) with fruit/ yogurt/ milk



Nutrition for Curling Performance

RECIPES

Banana Berry Bombs Muffins

INGREDIENTS

- 1 cup quick-cooking rolled oats
- ½ cup each all-purpose flour and whole wheat flour
- ½ cup granulated sugar
- ¼ ground flaxseed or wheat germ
- 1 ½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ cups mashed ripe bananas (3 large or 4 small)
- ¼ cup butter, melted
- 1 egg
- 1 cup fresh or frozen blueberries

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Spray a 12-cup muffin tin with cooking spray and set aside.
2. Combine oats, both flours, sugar, ground flaxseed, baking powder, baking soda and salt in a large bowl. Mix well and set aside.
3. In a medium bowl, whisk together bananas, butter and egg. Add banana mixture to dry ingredients and stir just until dry ingredients are moistened. Gently fold in blueberries.
4. Divide batter among 12 muffin cups. Bake for 20 minutes, or until a wooden pick inserted in center of muffin comes out clean. Cool on a wire rack.

NUTRITION INFORMATION - MAKES 12 MUFFINS

PER MUFFIN- 183 calories, 5.7 g total fat (3 g saturated fat), 3.7 g protein, 30 g carbohydrate, 3.1 g fiber, 26 mg cholesterol, 209 mg sodium



Nutrition for Curling Performance

Protein-Packed Muffins (19 servings)

INGREDIENTS

- 3 cups oat bran
- 2 cups egg whites
- 1 cup unsweetened applesauce
- 1 tsp cinnamon
- 1 cup Greek vanilla yogurt
- 2 tbsp. peanut butter
- 1 banana, sliced into small chunks
- 2 cups blueberries (fresh or frozen, drain juice if using frozen)
- 8 dates, chopped

INSTRUCTIONS

1. Pre-heat oven to 350 degrees.
2. Spray muffin tins with non-stick cooking spray OR use muffin liners as these do tend to stick to the pan.
3. In a large bowl, mix egg whites, apple sauce, yogurt and peanut butter. Add banana, dates, blueberries, oat bran and cinnamon and mix until combined.
4. Spoon ingredients into muffin trays and bake for 30 minutes.
5. Cool completely before attempting to remove muffins.
6. Muffins can be stored in the fridge or freezer for longer shelf-life.

NUTRITION INFORMATION

Per Serving: Energy 104 calories, 16g carb, 7g pro, 2g fat

Recipe from: <http://www.gimmesomeoven.com/no-bake-energy-bites/>



Nutrition for Curling Performance

Crisp Rice and Fruit Bites

INGREDIENTS

- 1 cup almonds
- 1 cup walnuts
- 1 cup prunes
- 1 cup dried mango, sliced into 1" pieces
- ¼ cup honey
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 ½ cup brown rice crisps or puffs cereal

INSTRUCTIONS

1. Preheat oven to 200oF and line baking sheet with parchment paper or lightly grease.
2. Food processor: Place almond in and pulse until coarsely chopped. Add remaining ingredient except cereal and pulse until ingredients are chopped but not pureed. You may need to use a spatula to scrape sides.
3. Bowl: Mix blender ingredients with cereal using your hands (wet you hands to prevent mix sticking).
4. Cutting board: Press mixture firmly into ¾" thick square. Cut 1" square pieces and arrange on baking sheet.
5. Bake for 30 min. Allow to cool and store in airtight container.

NUTRITION INFORMATION – Makes 50 bites

Per 2 Servings: 180 calories, 23 g carb, 3 g pro, 9 g fat



Nutrition for Curling Performance

No bake Energy bites

INGREDIENTS: (Makes 12 spheres)

- ½ cup natural nut/seed butter
- ½ cup honey
- 2 tbsps. molasses
- ½ tsp Vanilla extract
- 1/8 tsp cinnamon
- Pinch of salt
- 1 ¼ cup large flake oats
- ¼ cup toasted wheat germ
- ¼ cup skim milk powder
- ¼ cup dried cranberries
- ¼ cup pumpkin seeds

INSTRUCTIONS

1. In a medium sized mixing bowl, combine seed butter, honey, molasses, vanilla extract, ground cinnamon and pinch of salt. Stir until smooth.
2. In a separate bowl, mix together oatmeal, wheat germ, dried milk, cranberries and pumpkin seeds
3. Add wet ingredients to dry and mix until thoroughly combined. Roll into 12 balls

NUTRITION INFORMATION – Makes 12 bites

Per bite: 202 calories, 28g carbs, 6g protein, 9g fat, 3g fibre



Nutrition for Curling Performance

No Bake Vegan Almond Butter Chews

INGREDIENTS

- 1/4 cup chunky all-natural almond butter
- 1 tsp pure vanilla extract
- 1 cup rice crisp cereal (e.g. Nature's Path)
- 3 tbsp organic brown rice syrup (honey *might* work, but may not work together as well)
- 1 tbsp dark chocolate chips

INSTRUCTIONS

1. Line a plate with parchment paper.
2. In a medium sized bowl, stir together the almond butter, brown rice syrup, and vanilla. Microwave on high for 35-45 seconds.
3. Stir well and immediately add in the rice crisp. Stir very well until fully mixed. Add the chocolate chips and mix in.
4. Wet hands thoroughly and shape the mixture into 'golf-balls'. Press mixture together firmly so it will hold. Wet hands after each ball is formed so the mixture will not stick to your hands.
5. Place the balls onto parchment paper and freeze for 5 minutes.

NUTRITION INFORMATION

Per Serving: Energy 105 calories, 12g carb, 2g pro, 5g fat



Nutrition for Curling Performance

Homemade Power Bars

INGREDIENTS

Dry Ingredients

- 2 cup whole-wheat flour
- 1/2 cup packed brown sugar
- 1/4 cup skim milk powder
- 1/4 cup wheat germ
- 1 tsp baking powder
- 1.5 cup raisin or chopped dried apricots
- 1/2 cup unsalted sunflower seeds

Wet Ingredients

- 1/2 cup vegetable oil
- 1/2 cup molasses
- 1/3 cup peanut butter
- 2 eggs

INSTRUCTIONS

1. In bowl, combine flour, sugar, skim milk powder, wheat germ, and baking powder
2. Stir in raisins and sunflower seeds.
3. In a separate bowl, combine eggs, oil, molasses, and peanut butter.
4. Add wet ingredients to dry ingredients, blending well.
5. Spread in a greased 9-inch (23 cm) square cake pan.
6. Bake in a 350 degree F (180 degree C) oven for 35 minutes or until browned and firm to the touch.
7. Let cool completely and cut into 24 bars. Bars can be stored in air-tight container for up to 5 days.

NUTRITION INFORMATION

Makes 24 bars. Per bar: 190 calories, 26 g carbohydrate, 4 g protein, 9 g fat, 2g fiber