

Competition Fueling for Curling Performance

Summary



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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 e.g. **Carnation instant breakfast**®, **Boost**® or **Ensure**®.

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 90-min of the game, and might need more fluids and energy.

Beverages rich in carbohydrate such as sports drinks, are ideal to replenish energy and electrolyte losses, maintaining good hydration.

For the brushers:

- 1 - 4th end: Drink water between shots
- 5th end break: fig newton/nutrigrain or fruit bars; fruits (grapes) + 250 – 500 ml sport drink (adjust as needed)
- 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 or fruit bars; fruits (grapes) + 250 – 500 ml sport drink (adjust as needed)
- 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

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 plain, chocolate/ vanilla milk
 - o Chocolate/ vanilla soy or almond milk
 - o Portable recovery shake (1/2 to 3/4 cup skim milk powder + 2 tbsps. cocoa powder + 500 ml water)
- **Bars/ Muffins:**
 - o Protein bar (e.g. clif builder, simply protein, macro bar etc.)
 - o Energy bar (clif energy, vector bar, fig newton, Probar etc.)
 - 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, berries, grapes
- **Dairy:**
 - o Chocolate milk
 - o Drinkable yogurt (Yop, Iogo)
 - o Milk to go

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

Refuel 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) – adjust as needed

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

RECIPES – MEALS

Slow-Cooker Turkey Sloppy Joes

INGREDIENTS

- 1 1/2 pounds ground turkey
- 1/2 medium onion, finely chopped
- 1 medium red bell pepper, cored, seeded, and diced
- 1 (15-ounce) can tomato sauce
- 2 tablespoons tomato paste
- 1 tablespoon honey
- 2 tablespoon apple cider vinegar
- 1 tablespoon dry ground mustard
- 1 teaspoon garlic powder (no salt)
- 1 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 hamburger buns, for serving

*Can also be eaten with pasta on another day.
Good dinner option after a game*

DIRECTIONS

Add all the ingredients to the slow cooker. Stir well to combine all the ingredients, making sure to break up the turkey. Cover the slow cooker with the lid. Cook on low for 6 to 8 hours, or on high for 2 to 3 hours. Stir again before serving.

NUTRITION INFORMATION

Per bun: 420 calories; 12 g fat; 50 g carbohydrate (Fibre: 3g); 25g protein.

Rice Cooker Ginger Chicken and Rice

INGREDIENTS

- Large chicken stock cube, preferably all-natural
- 3/4 cup hot water
- 2 cups jasmine rice
- 1 1/4 pounds skinless, boneless chicken thighs, cut into 1-inch cubes
- One 2-inch piece of fresh ginger, peeled and cut into matchsticks
- 3 packed cups baby spinach
- 1 cup unsweetened coconut milk
- Kosher salt

Good dinner option after a game

DIRECTIONS

In a small bowl, dissolve the bouillon cube in the hot water. In a rice cooker, combine the rice with the chicken and ginger. Arrange the spinach on top. Pour the coconut milk and bouillon broth into the cooker and season lightly with salt. Turn the cooker on; the dish should be done in about 40 minutes (when the cooker turns itself off). Let stand for 5 minutes. Fluff the rice with a fork, spoon into bowls and serve.

Slow Cooker Chicken

INGREDIENTS (Makes 4-6 servings)

Rub Ingredients for the Chicken

- 4 tsp salt
- 2 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp white pepper
- 1/2 tsp garlic powder
- 1/2 tsp black pepper

For the Crockpot

- 1 cup chopped onion, approx 1 medium to large onion
- 4 to 5 carrots, scrubbed, no need to peel, chopped in halves or thirds
- 4 celery stalks, cut in thirds
- 2 garlic cloves, peeled and smashed
- 1 whole lemon quartered
- 3 1/2 to 4 1/2 lbs roasting or fryer chicken

Versatile recipe to use in sandwiches/ quesadillas etc.

DIRECTIONS

1. Combine rub ingredients in a small bowl and set aside. Prep the vegetables and place inside the slow cooker
2. Remove chicken from packaging and remove neck and pouch with organs. Discard or reserve for later use in another recipe. Rinse chicken with water and pat dry with paper towels.
3. Rub garlic all over outside of the chicken. Put garlic inside the chicken. Put the rub all over the outside and inside the chicken. Add quartered lemon to the inside of the chicken.
4. Place chicken on top of the vegetables. Cover slow cooker and cook chicken on low for 4-8 hours. Cook until the internal temperature of the leg is at 160 degrees F.
5. Remove chicken and place in a 9×13 glass or ceramic baking dish. Place baking dish in the oven under the broiler for about 4-5 minutes. Allow chicken to rest after removing it from the broiler for 5-10 minutes.

Chicken, Mango & Curry Tortillas

INGREDIENTS

- 2 chicken breasts pre-cooked, diced in cubes
- 1 fresh mango, chopped in cubes
- 2 tsps. (10 ml) curry powder
- 3 tbsps. (45 ml) 0% plain yogurt
- 1 tbsp. (15 ml) light mayonnaise
- 1 cup (250 ml) shredded lettuce or chopped mixed greens
- 1 cup (250 ml) shredded, reduced fat Cheddar cheese
- Salt & Pepper to taste
- x4 7-10 inch whole wheat tortillas

*Can use slow cooked chicken from previous recipe to make these tortillas
Good meal to have at lunch or early dinner ~2h prior to game.*

DIRECTIONS

1. In a small bowl, mix together all the ingredients, except for the tortillas
2. Spread the mixture over 4 tortillas. Roll and cut in half.

NUTRITION INFORMATION – Makes 4 servings

Per serving: 385 calories; 47 g carbohydrate (6 g fibre); 10 g fat; 29 g protein

Chicken Cheesy Quesadilla

INGREDIENTS

- 1 whole wheat tortilla (~7-10 inch)
- 1.5-2 oz cooked small boneless, skinless chicken breast
- 2 tbsps. mild or medium salsa
- 2 slices or ¼ cup shredded of part skim mozzarella or swiss cheese

DIRECTIONS

1. Slice open pita to create two round slices.
2. Spread each half of the pita with salsa and top one side with cheese.
3. Shred or chop chicken breast and place on top of cheese. Top with remaining cheese slice and pita round.
4. Place sandwich in small nonstick skillet over medium heat and cook turning once, for about 5 minutes or until cheese is melted.
5. Remove to cutting board and cut into 4 triangles. Serve with sour cream, if desired

Ideal after a late night game, or good snack/ meal option for a travel or long game day.

NUTRITION INFORMATION – Makes 1 serving

Per quesadilla: 331 calories, 7g fat, 38g carbohydrate (5g fibre), 30g protein.

Slow Cooker Cranberry Pork Chops

INGREDIENTS (serves 4-6)

- 4 boneless pork chops, about 1/2-inch thick (2 to 3 pounds total)
- 2 tablespoons unsalted butter
- 1/2 cup chopped onion, from 1 small onion
- 1/4 cup chopped celery, from 1 large celery rib
- 1 clove garlic, minced
- 1 teaspoon coarse kosher salt
- 1 cup fresh or frozen cranberries
- 1/2 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons brown sugar
- 1/4 cup chicken or vegetable broth

Cook rice on the side in rice cooker (2 cups uncooked rice makes ~4 cups cooked enough for 4-6 people) or add meat to buns/ tortillas for sandwiches to go!

DIRECTIONS

Mix all ingredients in a 4-quart slow cooker. Cook on LOW for 6 to 8 hours, or until the pork chops are cooked through.

RECIPES – BREAKFAST/ SNACKS

Berry Overnight Oats (Makes 1 serving)

- ½ cup quick-cooking rolled oats
- ½ cup 0% fat Greek yogurt
- ¼ cup orange juice
- 2 tbsps. skim milk powder + ¼ cup water
- 1 tsp liquid honey
- 1 cup mixed frozen berries

DIRECTIONS

In a mug or plastic container combine the oats, yogurt, OJ and honey until mixed well. Add berries on top. Refrigerate overnight. Remove, stir and serve cold. Add nuts and/or dried fruit as desired.

Blueberry Banana 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

3. Preheat oven to 375 degrees Fahrenheit. Spray a 12-cup muffin tin with cooking spray and set aside.
4. Combine oats, both flours, sugar, ground flaxseed, baking powder, baking soda and salt in a large bowl. Mix well and set aside.
5. 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.
6. 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

Recipe source: Canadian Sport Institute – Banana Berry Bomb Muffins

No bake Energy bites

INGREDIENTS: (Makes 12 bites)

- 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

DIRECTIONS

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

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

