



High Performance Fuel for Athletes Guidelines for Sport Concession Stands

These guidelines can be used to provide athletes with the foods and fluids they need to perform their best. Check with the public health inspector at your local health department whenever you are providing food to the public to ensure that it is safe to eat.

Fluids

Water (best thirst quencher and hydrator for most sports)	Hot chocolate (made with milk)
Milk (plain or flavoured)*	Fruit smoothies (yogurt, juice, fruit)*
Yogurt-based drinks*	100% fruit or vegetable juice
Sport drinks (for events lasting > 1 hour)	



Grain Products

Whole grain - bagels, buns, muffins, crackers, pitas, loaves, cookies or baked snacks
Cereal (1st ingredient shouldn't be sugar, less than 16 g sugar/serving)
Fig filled bars and cookies (1st ingredient shouldn't be sugar)
Granola or cereal bars (1st ingredient shouldn't be sugar, avoid trans or hydrogenated fat)

Vegetables & Fruit

Fresh fruit and vegetables (e.g. fruit kabobs)		Apple sauce, fruit packs, or fruit cups
100% dried fruit		Frozen fruit bars (1 st ingredient shouldn't be sugar)
Some small bags of fruit chips or potato/vegetable chips (baked, lightly salted)		



Milk Products

See fluids (above)	Yogurt*
Frozen yogurt, some ice creams (1 st ingredient should be a milk ingredient)	
Most puddings, custards (1 st ingredient should be a milk ingredient)	
Small servings of cheese or light cheese (20% MF or less)*	

Meat & Alternatives

Lean meats, fish, poultry*
Lean - wieners, pepperoni, chicken sticks, jerky*
Legumes (beans, peas lentils), dal, falafel, refried beans, tofu
Nuts/seed bars and mixes with nuts/seeds as 1st ingredient
Eggs, some egg salads*



Mixed Foods

Most – sandwiches (made with lean, roasted meats/poultry), sushi, pasta with sauce (vegetable or lean meat), pizzas (made with veggies & ½ the amount of cheese), lean burgers*
Some soups (low-sodium, not instant soups), Chili*
Energy bars made with whole grains, nuts seeds, fruit (1st ingredient shouldn't be sugar)



*Refrigerator or freezer required

Visit the Ministry of Education website www.bced.gov.bc.ca for a more thorough guide to healthy foods and beverages.

Kathy Romses, Community Nutritionist
Vancouver Coastal Health, 604-904-6246, Kathy.Romses@vch.ca

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