

WHAT TO EAT BEFORE EXERCISE

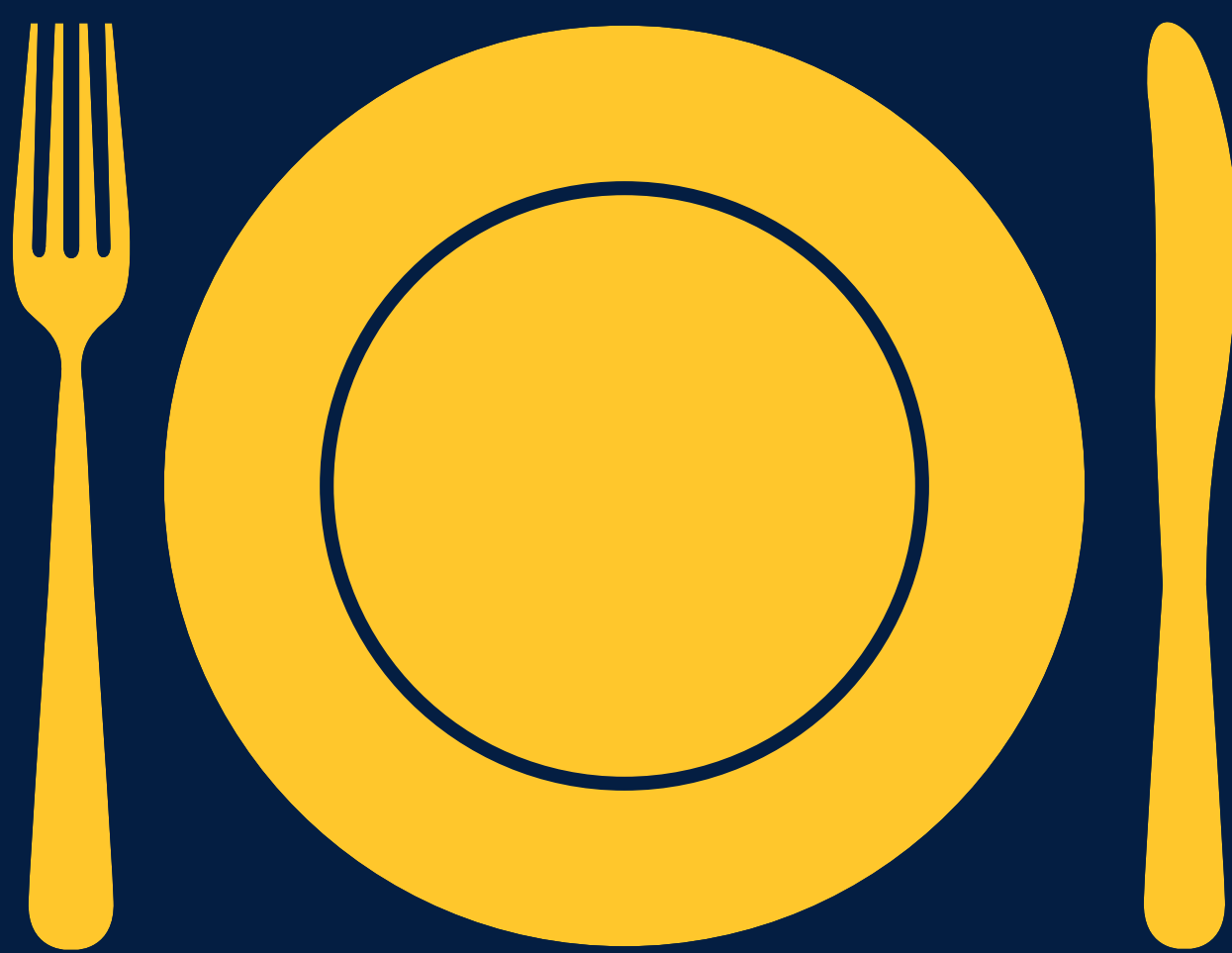
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Sport Registered Dietitian



PRE-PRACTICE NUTRITION GUIDE

Tailor your pre-swim snack or meal based on the time available before your next training session.

4 TO 5 HOURS BEFORE



Based the Athlete's Plate[®] model
Familiar food
Easy to digest

PRE-PRACTICE NUTRITION GUIDE

1 TO 2 HOURS BEFORE



Think 'light breakfast' food
Easy to digest
Rich in carbohydrate

PRE-PRACTICE NUTRITION GUIDE

30 MINUTES OR LESS BEFORE



Carbohydrate-rich food
Low in fat
Low in fiber
Low in proteins

DO YOU HAVE MORE QUESTIONS?

Visit Emilie's website
and reach out to book
an appointment.

ecrnutrition.com/en/

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