Tools, Tips & Tricks for Para-Friendly Cooking

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Agenda

• Day-to-Day Considerations
• Kitchen Tools & Tips
• DEMO: 2 Recipes
• Athlete “Training Day”
• Wrap Up / Sample Recipes
What are day-to-day realities our para-athletes face that could negatively affect their health or performance?
Day-to-Day Considerations

• Require more time for ADLs
  • Showering/getting ready
  • Meal prep/cooking
  • Toileting, bowel management routine
  • Equipment transfer requires more organization, time

• Additional muscular force and EE for ambulation

Fisher et al. 1978; Lynch et al. 2015; Fradet et al. 2011;
vан Drongelens et al. 2005a; van Drongelen et al. 2005b
Day-to-Day Considerations

• Athlete life
  • Busy schedules (school, work, training, travel)
  • Require on-the-go meals/snacks
• GI stress
  • Meal timing prior to exercise
  • Fat/fibre
• Hydration
  • Travel / Competition
  • Catheters, UTI’s

Adapted Tools

- Cooking Supplies for Para-Friendly Kitchen
DEMO TIME!
Pumpkin Chocolate Energy Bites

• No-bake recipe, mix all in bowl
• Before, during or after training
• Add protein (ex. Sport certified protein powder)

Nutrition per serving:
Per 1 bite: 156 calories, 8g fat, 19g carbohydrate (2g fibre), 4 g protein
Berry Smoothie On-The-Go

• Simple, portable breakfast
• Easier on the gut for pre-competition jitters
• Or use as recovery snack
• Pre-portion individual baggies/containers

Nutrition per serving:
358 kcal; 58g carbohydrate; 27g protein; 2g fat
Louise’s Secret Lasagna

- Simple recipe, no chopping
- Freezer friendly - great for leftovers
- Ingredient swap: Tuna, salmon, ground turkey or chicken, legumes and other vegetables

Nutrition per svg: 447 kcal, 42 g carbohydrate (6 g fibre), 37 g protein, 16 g fat

Crockpot Curry

- Freeze easy, minimal chopping
- Add salad for balance
- Adjustable carb

Nutrition per svg: 327 kcal, 37 g carbohydrate, 5 g fibre, 32 g protein, 8 g fat
## A Typical Training Day

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>MEAL PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evening prior</td>
<td></td>
<td>5 minutes of prep</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>Depart for training</td>
<td>Blend smoothie/ turn on crockpot</td>
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<tr>
<td>10:00AM-12:00PM</td>
<td>On-court practice</td>
<td>Sips of water and/or sports drink, energy bites</td>
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<tr>
<td>12:15 PM</td>
<td>Lunch/Recovery</td>
<td>Lasagne square, piece of fruit, sips of fluid</td>
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<tr>
<td>2:00PM-3:00PM</td>
<td>S&amp;C session</td>
<td>Sips of water</td>
</tr>
<tr>
<td>6:00PM</td>
<td>Dinner</td>
<td>Recovery snack</td>
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<tr>
<td></td>
<td>Eve snack</td>
<td>Crockpot curry, mixed green salad, sips of water</td>
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</tbody>
</table>
Wrap Up

• Be aware of ADL’s that might impact your athlete’s health/performance
• Many adapted tools exist to help simplify cooking and meal prep
• Cooking can be FUN, save time & money in the long run
• Planning goes a long way!
  • Prepare, pack & carry meals, snacks, fluids
THANK YOU!

Special thanks to Liz Broad for her input & ideas!

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References

• Broad, E. (2014). *Sports nutrition for paralympic athletes* CRC Press, Taylor & Francis Group


References Con’t


