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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;
van 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



Wijck, et al. 2011; Rehrer, et al.1992; Radulovic, et al., 2015;
Cruz et al. 2011; Hanson et al. 2010; Tai et al. 2009; Wilde, et al. 2017

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 (6g 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

TIME	ACTIVITY	MEAL PLAN
	Evening prior	5 minutes of prep
8:30 AM	Depart for training	Blend smoothie/ turn on crockpot
10:00AM-12:00PM	On-court practice	Sips of water and/or sports drink, energy bites
12:15 PM	Lunch/Recovery	Lasagne square, piece of fruit, sips of fluid
2:00PM-3:00PM	S&C session	Sips of water
	Cool down/ depart home	Recovery snack
6:00PM	Dinner	Crockpot curry, mixed green salad, sips of water
	Eve snack	2 energy bites and cup of milk

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!

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