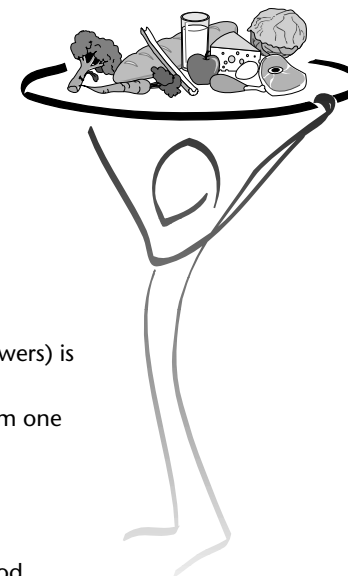


# EVALUATING DIETARY SUPPLEMENTS: PILLS, POWDERS, BEVERAGES AND BARS



**Food is more than nutrients.** It is more satisfying to eat food than to swallow a pill. Food is tasty and cost effective compared to supplements.

The following tables allow you to determine whether foods can provide all the carbohydrate, protein and fat needed for your training and competition.

## DIETARY SUPPLEMENTS, INCLUDING HERBAL PRODUCTS, ARE NOT REGULATED IN CANADA. BE AWARE THAT:

- Products may contain undeclared ingredients, contaminants and/or banned substances.
- Plants and herbs contain thousands of chemicals, including drugs or related substances, that may produce a positive doping test.
- The chemical composition of rare or unusual ingredients (bark, roots, flowers) is difficult to determine – these could include banned substances.
- The concentration of the active ingredient in a supplement may vary from one batch to the next.

*Check labels for a DIN (Drug Identification Number) which means the supplement has exactly what is stated on the label and nothing more.*

**Dietary Supplements can be expensive:** Can you consume food rather than dietary supplements? Use the following tables to compare:

- Use nutrition information panels on food labels to compare the carbohydrate, protein, fat, vitamin and mineral content of common foods with the nutrient profile of supplement products.
- Calculate the cost per week or month for each nutritional product - Is food more economical?
- Rate the taste of nutritional products and food - Which do you prefer?

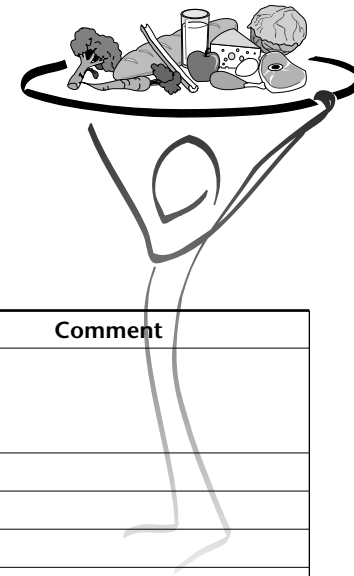
## HIGH CARBOHYDRATE ENERGY SOURCES:

Product	Carbohydrate	Protein	Fat	Cost	Taste	Comment
1 fig bar (16 g)	11 g	1 g	1 g			
1 slice mixed grain bread & 5 mL jam	12 g 4 g	3 g trace	1 g trace			
1 plain bagel (10 cm)	48 g	9 g	1 g			
175 g fruit bottom yogurt (1-2% M.F.)	31 g	7 g	3 g			
Your favourite granola or energy bar						
Your favourite gel packet						

## PROTEIN RICH FOODS/PRODUCTS:

Product	Carbohydrate	Protein	Fat	Cost	Taste	Comment
86 g sirloin steak – about 1 serving	0 g	25 g	6 g			
98 g chicken breast – about 1 serving	0 g	32 g	2 g			
250 mL milk (0.1% M.F.)	12 g	8 g	3 g			
125 mL skim milk powder	19 g	13 g	trace			
1 boiled large egg	1 g	6 g	5 g			
Protein/amino acid supplement						





**SPORT DRINKS:**

Current recommendation is 40 to 80 g carbohydrate and 0.5 to 0.7 g sodium/litre

Product	Carbohydrate	Protein	Fat	Cost	Taste	Comment
1 litre of water plus 45 - 90 mL sugar 1.25 - 1.75 mL table salt lemon juice or tea, to taste	39 - 78 g	0 g	0 g			
500 mL water/500 mL orange juice, salt	52 g	4 g	2 g			
1 litre Gatorade						
1 litre PowerAde						

**RECOVERY DRINKS:**

Product	Carbohydrate	Protein	Fat	Cost	Taste	Comment
500 mL chocolate milk (1%)	56 g	18 g	6 g			
175 g plain yogurt (1-2% M.F.) blended with 125 mL orange juice and 1 medium banana	12 g 13 g 27 g	9 g 1 g 1 g	3 g 0.5 g 1 g			
250 mL fortified soy drink 250 mL pineapple juice	5 g 36 g	7 g 1 g	5 g trace			
500 mL Boost or Ensure						

**Assess the product's usefulness and information accuracy:**

- Are claims based on reliable/solid science (peer reviewed scientific journals) or anecdotal/testimonials (comments from other users)?
- Are the claims realistic or do they suggest the athlete can achieve extraordinary performance?
- Is the claim appropriate for your sport?

Be aware that not all information on the Internet is reliable.

Ask a registered dietitian/sport nutritionist at your Canadian Sport Centre or listed on [www.coach.ca/e/nutrition/find.htm](http://www.coach.ca/e/nutrition/find.htm)

Remember, always try a new product in training, not in a competition.

**TRAIN HARD, EAT WELL. YOUR NUTRIENTS ARE IN YOUR FOOD!**

