

## Lentils as an endurance and performance food in tournament sports

**Dr. Philip Chilibeck**

University of Saskatchewan – College of Kinesiology

SPG Contributions	Project Status	Duration/Timeline of Project (Year to Year)	Total Project Cost
\$100,050.00	Completed	May 2008 – June 2009	\$100,050.00

### Project Description

The study determined whether whole foods of low glycemic index (GI) resulted in a metabolic and performance advantage, in comparison to high GI foods, when eaten prior to extended intermittent cardiovascular exercise, such as tournament soccer play.

### Outcome

Lentil-based, low-glycemic index (GI) foods are a comparable alternative to traditional high-GI pre-exercise meals, as they result in similar performance outcomes but improved metabolic profiles.

### Research Objective

#### OBJECTIVE 1

The study determined whether whole foods of low glycemic index (GI) resulted in a metabolic and performance advantage, in comparison to high GI foods, when eaten prior to extended intermittent cardiovascular exercise, such as tournament soccer play.