

SPORT NUTRITION

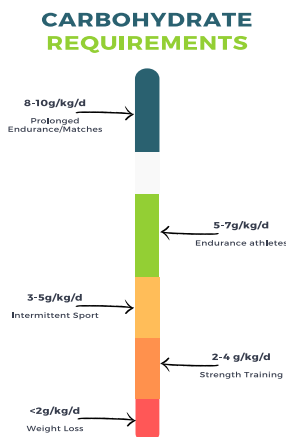
Nutrition plays a vital role in supporting the training and competition demands of athletes. Your food choices help make sure you have enough energy, which will ensure training quality and recovery.

5 GOALS OF SPORT NUTRITION

1. Mix it up – Eat a varied, well balance diet to supply the right amount of energy and nutrients.
2. Fuel right – Choose a mix of foods including carbohydrates based on the amount (time, type, distance, frequency) of exercise.
3. Aim for 7 – Eat seven portions of fruit and vegetables a day; fresh, frozen, dried all count.
4. 3R's – If a speedy recovery is important then aim to tick off the three R's: REFUEL, REPAIR, REHYDRATE.
5. Hydrate – Drink fluids throughout the day, keeping an eye on your urine colour.

FUEL UP – CARBOHYDRATES

No matter your sport, carbohydrates are key for the best performance. The main fuel source for working muscles are carbohydrates. How much you need will depend on your training programme and dietary goals. In general, the more intense the training programme, the more carbohydrate you need to include in your diet. A diet low in carbohydrate can lead to a lack of energy during exercise, early fatigue, poor concentration and slower recovery. In general, athletes who do regular intense training should make sure they get enough energy from food, including carbohydrate. If the right amount of food and fluid is eaten and drunk before, during and after exercise, performance can be maximised during exercise and recovery after exercise supported. Carbohydrate is stored in muscles as glycogen. The body's stores of glycogen are limited and need to be topped up each day, particularly if you are exercising every day or at a high intensity.



The best way to do this is to have a regular meal/eating pattern which includes high-carbohydrate snacks or a light meal two to three hours before exercise. Then after exercise start replenishing your glycogen stores immediately with a high carbohydrate low fat snack.

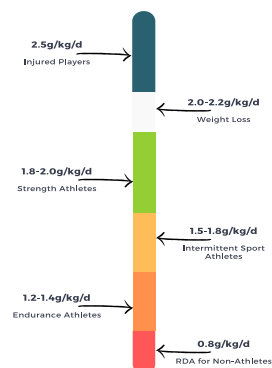
Build Smarter Plates



REPAIR – PROTEIN

Protein is required for building and repairing muscle and plays an important role in how the body responds to exercise and supporting our immune system. Strength athletes have higher protein requirement (1.8-2.0g per kg body weight per day) than endurance athletes (1.2-1.4g per kg body weight per day) who have slightly higher requirements than the general sedentary population (0.8-1.0g per kg bodyweight per day). Providing energy requirements are met, a healthy diet will provide enough protein to meet any increased requirements.

PROTEIN REQUIREMENTS



The addition of 20-40g of protein to a post-workout meal or snack can support glycogen storage, reduce muscle soreness and promote muscle repair.

Muscle is gained through a combination of resistance training and a diet that contains adequate energy and carbohydrate. If you only concentrate on a high protein intake without enough carbohydrate, then the protein will be used for energy instead of being used to build muscle! Additionally, too little carbohydrate will lead to low energy levels, which will make it very difficult for you to train and perform at your best.

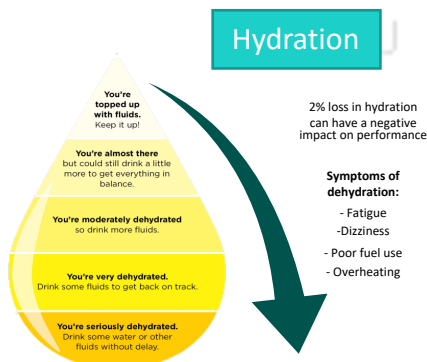
HYDRATE

Maintaining adequate hydration is essential for performance. Dehydration affects both physical and mental performance – the effects becoming more noticeable as the body gets progressively more dehydrated. It is important to start each training session and competition well hydrated, take on-board appropriate fluids during training and competition and restore hydration levels as soon as possible afterwards in order to replace the water and salts lost in sweating. There are a few simple yet effective ways of assessing hydration status such as keeping track of body weight on a daily basis, (i.e. estimating fluid losses during exercise) and monitoring changes in urinating habits - urine colour, frequency and volume. The choice of drink depends on intensity, duration of exercise and your training goals. In general:

- **Low to moderate** intensity exercise that lasts less than an hour i.e. when sweat losses are low – drink WATER
- **Moderate to hard** sessions that last longer than an 1 hour i.e. when sweat losses are greater consider including ISOTONIC SPORTS DRINKS or a home-made sports drink (200ml squash [not low calorie], 800ml water and a large pinch of salt).

SOURCES

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