



Introduction to Sports Nutrition

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Aim:

1. Hydration
2. Training
3. Race Day
4. Recovery

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Why is Nutrition Important

- * When at rest the body needs an average 1,400-1,700 calories day
- * All exercise increases energy
- * Amount of energy used depends on distance not speed

3 elements of performance effected by food and drink consumed:

1. Supply of rapid carbohydrates, provides energy to exercising muscles
2. Maintains blood glucose = reduce fatigue
3. Promotes effective recovery

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Hydration



- * Homeostatic regulation of cells
- * Should lose no more than 2% body mass
- * Replace fluids and electrolytes
- * What and when should you drink?
Bought sports drinks vs homemade

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Training



- * What to eat before - fuel
- * What to eat during - fuel (if distance)
- * What to eat after - recovery
- * Immediately post exercise =
snack/meal with carbs within 1 hour

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Recovery Process



- * Refuelling muscle and liver glycogen
- * Replacing fluids and electrolytes
- * Repair and adaptation
- * Immune system

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Antioxidants



- ❖ Remove Free radicals - oxidants that damage cells
- ❖ Toxins are stored in your muscles when you exercise they are released
- ❖ Factors that increase need for antioxidants:
 - Smoking
 - Chronic disease
 - Dietary carcinogens
 - Vigorous exercise
 - Infection
 - Mental stress

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Breakfast



Carbs	Protein	Fat	Antioxidants
Oats	Eggs	Ground Flaxseed	Cinnamon
Muesli	Nuts	Ground almonds	Blueberries
Granola	Peanut Butter	Mixed seeds	Dried berries
Wholegrain Bread	Almond Butter	Nuts	Fruit
Bagel	Cottage Cheese		

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Recovery Lunch



Carbs	Protein	Fat	Antioxidants
Wholegrain bread	2 slices ham	Olives	Fill ½ plate with salad and veg
Bagels	Chicken breast	Avocado	Fruit
Wholegrain pitta bread	Eggs	Olive oil	
	Tuna	Nuts and seeds	

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Slow Recovery Evening Meal



Carbs	Protein	Fat	Antioxidants
Brown rice	Chicken /turkey	Pine nuts	Large mixed salad
Wholegrain pasta	Beef	Olive oil	Turmeric
Egg noodles	Pork	Avocado	Fruit
Sweet potato	Tuna/salmon	Handful olives	
	White Fish		

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Snacks



Pre exercise:

- * Protein
- * Antioxidants

Recovery:

- * Protein
- * Carbs
- * Fluid
- * Antioxidants

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Carbohydrate Rich Snacks (50g carbohydrates)



- * 700-800ml sports drink
- * 2 sports gels
- * 500ml fruit juice
- * 300ml carbohydrate loader drink
- * 2 slices toast/bread with jam or honey or banana topping
- * 2 cereal bars
- * 1 cup thick vegetable soup + large bread roll
- * 115g (1 large or 2 small) cake style muffins, fruit buns or scones
- * 300g (large) baked potato with salsa filling

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Carbohydrate-Protein Recovery Snacks



- * 300g rice pudding
- * 250-300ml milk shake or fruit smoothie
- * 600ml low fat flavoured milk
- * 1-2 sports bars (check labels for carbohydrate and protein content)
- * 1 large bowl breakfast cereal with milk
- * 1 large or 2 small cereal bars + 200g fruit-flavoured yoghurt
- * 220g baked beans on 2 slices of toast
- * 1 bread roll with cheese/meat filling + large banana
- * 300g (bowl) fruit salad with 200g fruit-flavoured yoghurt
- * 2 crumpets with thick spread peanut butter + 250ml glass of milk
- * 300g (large) baked potato + cottage cheese filling + glass of milk

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10g Protein Examples



- * 40g of cooked lean beef/pork/lamb
- * 40g skinless cooked chicken
- * 50g of canned tuna/salmon or cooked fish
- * 300 ml of milk
- * 200g tub of yoghurt
- * 300ml flavoured milk
- * 30g of cheese
- * 2 eggs

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Race Day



- * FLEXIBILITY!!
- * Plan in advance, variety of pre and between race snacks
- * Carbo loading - what does this really mean
- * Hydration

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Recovery



Immediately after:

- * Protein
- * Carbohydrates
- * Fluid
- * Antioxidants

Evening:

- * Protein
- * Good fats
- * Slow release carbohydrates
- * Antioxidants

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Top tips



- * Hydration
- * Plan in advance
- * Practice food/fluid intake in training

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Top tips



- * Protein is important but you don't need excessive amounts
- * Meals and snacks with protein and carbohydrates
- * Eat soon after training - carbs and protein
- * Real food wherever possible

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