

**SPORTS NUTRITION INTRODUCTION**

What an athlete eats and drinks can have a big impact on performance. If you want to perform like an athlete you must eat like an athlete. To see how healthy your current eating pattern is fill out the 'NutraFit nutrition checklist'.

This pack is designed to give you some information, and practical tips, on the different foods that make up your diet and how you can improve your nutritional intake. Included with this pack is a sample meal plan for seven days. The foods listed in the plan are low in fat, high in carbohydrate, moderate in protein, and most importantly, high in taste.

If you want more information on sports nutrition and how it can improve your performance you can email Michael at: [michael@nutrafit.com.au](mailto:michael@nutrafit.com.au)

**Carbohydrate**

Carbohydrates are what give an athlete the energy to perform, and should be the main part of your diet. Carbohydrate is stored as glycogen in the muscle and it has been found that the more glycogen in the muscles the better an athlete can perform. The best way to make sure you have lots of glycogen in your muscles is to eat a lot of carbohydrate containing food everyday. Below is a list of some carbohydrate foods:

- Bread
- Breakfast cereals
- Rice
- Fruit and fruit juice
- Dairy products eg. Milk, yoghurt
- Pasta
- Potato and Corn
- Low fat cereal bars eg. muesli bars, breakfast bars
- Cous cous
- Cordial
- Sports drinks eg. Gatorade, Powerade

You should aim to have a source of carbohydrate with at least three meals and three snacks everyday.

Carbohydrates can easily be included in the following ways:

- Breakfast = cereal with reduced fat milk and sliced fruit
- Morning snack = fruit and/or yoghurt and/or low fat muesli bar
- Lunch = sandwiches with low fat flavoured milk or fruit juice
- Afternoon snack = fruit and/or yoghurt and/or low fat muesli bar
- Dinner = rice or pasta or bread as part of meal.

Carbohydrates are also an excellent source of vitamins and minerals that are essential to health. Eating a variety of carbohydrate foods will ensure you get a mixture of these essential vitamins and minerals.

### Protein

Protein comes from a variety of animal and plant sources in the diet and is essential for growth and repair of the body. Athletes have higher requirements for protein than the general population, but fortunately most athletes eat more than enough protein to meet their requirements through a normal balanced diet. Protein foods are also a valuable source of minerals such as iron and zinc. Below are examples of high protein foods:

- Meat eg. Beef, chicken, lamb, pork
- Fish eg. Tuna
- Eggs
- Nuts
- Tofu

Carbohydrate foods like breads and cereals also contain some protein that can assist you in easily meeting your daily protein requirements.

*Myth: If I eat a lot of protein I get more muscles.*

Many people believe that more protein = more muscle and as a result will consume massive amounts of protein in the form of egg whites and protein powder in the belief that they will automatically get bigger. This is not the case, as the body will excrete extra protein that is consumed above its requirements.

The three main things needed to build muscle are:

- 1/. A well designed weights program;
- 2/. Adequate protein;
- 3/. Adequate energy.

## Fat

Eating large amounts of fat will result in weight gain, which can have a negative effect on your performance, and in the long term increase your risk of life style diseases such as heart disease and diabetes. You should try to follow a low fat eating pattern as this is best for an athlete's performance. Types of food that contain large amounts of fat are:

- chocolate, hot chips, potato chips, pizza;
- McDonalds, KFC, Burger King, pies, sausage rolls;

If you do eat high fat foods you should aim to not have them more than once per week. Included in this pack is 'Trim the fat' which gives you some good ideas on ways to cut down the fat content of your diet.

## Fluids

It is very important that an athlete remains well hydrated during practice and competition. Losing too much body fluid, via sweating, can lead to dehydration, which has a negative effect on your performance.

### *Should I only drink when I get thirsty?*

The body's thirst mechanism, or the part of the brain that tells you that you are thirsty, actually lags behind your body's requirements, so when you feel thirsty you are in fact already partially dehydrated. You should never get to the point where you are feeling very thirsty.

The best way to stay hydrated is to always carry a drink bottle with you and drink small amounts frequently. You can drink water, or sports drinks such as Powerade and Gatorade, that have been scientifically designed to keep you well hydrated. Sports drinks also contain carbohydrate that can contribute to your daily carbohydrate requirements.

### *How much sweat would I lose during a game and how much should I drink?*

Studies have shown that a football player can sweat between 1-2 litres every hour.

To check how much fluid you have sweated during the game or practice, weigh yourself before exercise and again after. Every kilogram less you weigh after exercise equals one litre of sweat lost. You should aim to drink 1.5 times that amount to replace these losses.

Eg. weight before exercise = 91 kg  
Weight after exercise = 90 kg  
Difference = 1 kg or 1 litre of fluid.

Therefore you should try and drink 1.5 litres soon after finishing exercise.

Remember drinking small amounts frequently is the best way to stay well hydrated.

NutraFit Nutrition Checklist

	YES	NO
1. I would usually eat at least 6 slices of bread a day(1 roll = 2 slices of bread)		
2. I eat one serve of breakfast cereal each day- or an extra slice of bread.		
3. I eat at least two pieces of fruit a day		
4. I mostly eat wholegrain and/or multi-grain breads and cereals.		
5. I eat at least 3 vegetables or have a salad most days.		
6. I use butter and margarine sparingly or use none at all.		
7. I consume reduced fat dairy products.		
8. I drink no more than 4 cups of tea, coffee, hot chocolate, coke or caffeine each day.		
9. I eat snack foods such as chocolate, chips etc. no more than once a week.		
10. I consume 3 serves of dairy food or soy milk alternative each day		
11. I would skip a breakfast, lunch or dinner meal, no more than once a week.		
12. I eat fast/takeaway food no more than once a week.		
13. I refrain from adding salt to my food.		
14. I eat snack foods such as chocolate, chips etc no more than once a week.		
15. I eat fried food no more than once a week.		
16. I avoid oil based dressings on salads.		
17. I cut the visible fat off meat and don't eat the skin off chicken.		
18. If cooking I only use unsaturated oils (canola or olive oil) or none.		
19. I am aware of the best sources of iron, and try to include an iron rich food in my diet.		
20. I eat at least 1 serve of meat or meat alternative (poultry, seafood, eggs, dried beans or nuts) each day.		
21. When I drink alcohol I have no more than 2 standard drinks a day. (Tick yes if you do not consume alcohol.)		
<b>TOTAL</b>		

**Scoring**

For each YES answer score 1 point.

- 18 or more      Excellent
- 15 – 17        Good- could make some positive changes
- 12 – 14        Borderline
- 12 or less     Poor

TRIM THE FAT

INSTEAD OF-	WHY NOT TRY-
<p>Fats and oils</p> <ul style="list-style-type: none"> <li>• Butter and margarine</li> <li>• Lard, copha, ghee, suet</li> </ul>	<ul style="list-style-type: none"> <li>• Low fat cream cheese</li> <li>• Small amounts of reduced fat poly or mono margarines</li> <li>• Thin scrape of avocado or hommos</li> <li>• Cooking sprays</li> <li>• Poly/mono oil (size of 10c in pan)</li> </ul>
<p><u>Meat</u>, <u>Chicken</u>, <u>Fish</u></p> <ul style="list-style-type: none"> <li>• Sausages, rissoles, chops, bacon</li> <li>• Skin on chicken</li> <li>• Fish battered, fried or canned in oil</li> <li>• Devon, salami, processed chicken meat</li> </ul>	<ul style="list-style-type: none"> <li>• Lean red meat (palm size)- try marinating the meat in a low fat marinade sauce!</li> <li>• Skin free chicken or turkey</li> <li>• Grilled, steamed or baked fish (try with lemon juice)</li> <li>• Tuna/salmon canned in spring water or brine (add freshly cracked pepper)</li> <li>• Lean- ham, turkey, roast beef</li> </ul>
<p><u>Dairy Products</u></p> <ul style="list-style-type: none"> <li>• Full cream milk</li> <li>• Full fat cheese</li> <li>• Cream/sour cream</li> <li>• Ice cream, custard, yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Low fat milk (Shape, Farmers best, Lite white, Pura, skim)</li> <li>• Low fat cheese (Bega super slims, Devondale sevens, cottage cheese)</li> <li>• Evaporated skim milk, plain yoghurt, vanilla fruche, reduced fat cream/sour cream</li> <li>• Low fat ice cream (Peters lite &amp; creamy, Norco lite slices)</li> <li>• Low fat custard (Pauls trim) or home made custard on skim milk</li> <li>• Diet lite yoghurt, Fruche</li> </ul>
<p><u>Snack foods</u></p> <ul style="list-style-type: none"> <li>• Potato crisps, cheese flavoured snacks</li> </ul>	<ul style="list-style-type: none"> <li>• Pretzels, home made popcorn, toasted pita bread, rice crackers, dried fruit</li> </ul>
<p><u>Biscuits</u></p> <ul style="list-style-type: none"> <li>• Cream/Chocolate/Iced or Shortbread</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit filled biscuits</li> <li>• Plain sweet biscuits (Westons highland oatmeals, Morning or Milk coffee)</li> <li>• Flavoured rice snacks or rice cakes</li> <li>• Plain crackers (Kavli, Premium lite, Vitaweat, salada)</li> </ul>

<p><u>Sauces, Spreads, Dressings</u></p> <ul style="list-style-type: none"> <li>• Chocolate spreads</li> <li>• Cream cheese</li> <li>• Full fat mayonnaise, oil based salad dressing</li> <li>• Gravy made on pan juices</li> <li>• Cheese/white sauce</li> </ul>		<ul style="list-style-type: none"> <li>• Vegemite, Promite, Marnite, honey, jams</li> <li>• Plain/flavoured cottage cheese, light cheese spreads</li> <li>• Reduced fat mayonnaise, non-oil based salad dressing, home made lemon and vinegar mix, Balsamic vinegar</li> <li>• Gravy powders on water</li> <li>• Cheese sauce with skim milk</li> </ul>
<p><u>Low Fat Cooking Methods</u></p> <p>Roast on a rack      Microwave  BBQ on rack plate      Non-stick cookware  Spray pan with oil      Boil</p>		<p>Steam in pans or foil  Dry fry  Grill</p>