

# Foods for the win Q&A Post Session

Swim England

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# Books and Articles

Click here



## **BDA Food Fact Sheets**

For health specific nutrition advice from a credible source – The British Dietetic Association  
Key fact sheets here might include the 'nutrients' ones such as iron, calcium, omega 3 and vitamin D.

## **Mysport science**

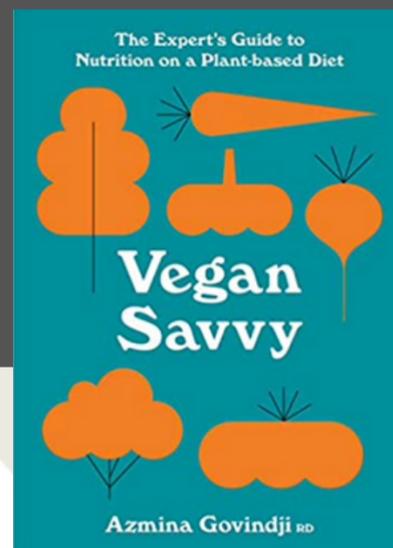
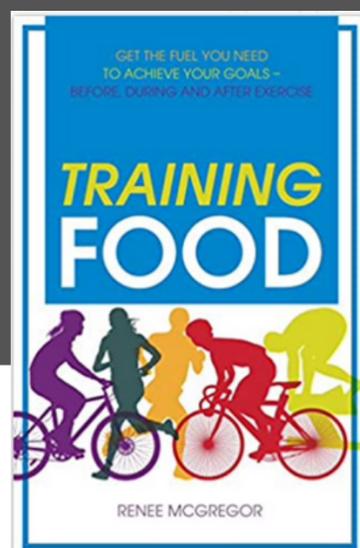
For credible sports nutrition information from international sports nutrition researchers

I would not recommend a vegan diet, but if this something you follow then the Vegan Savvy book can be very helpful. There is a chapter on getting enough protein.

**[Click here to buy Vegan Savvy](#)**

Training food is another useful book, written by a registered dietitian, with a chapter on fuelling for swimming and the young athlete.

**[Click here to buy Training Food](#)**



These books are not compulsory. I, Laura Sandford, have no affiliation with them and there are other books you may find helpful. These are recommended, as they are written by those with appropriate accreditation and experience.

# Knowing the Difference Between Milks

## 300ml of Different Milks Comparison:

	 Semi-Skimmed Cow's	 Almond Unsweetened	 Oat Unsweetened	 Fortified Unsweetened Soya	 Unsweetened Soya	 Hemp	 Cashew
Kcal	140	45	112	84	84	135	69
Carbs (g)	14	0.9	19	1.5	1.5	14	7.8
Pro (g)	10	1.5	3.1	7.9	7.9	1.5	1.5
Fat (g)	5.1	3.6	2.2	4.8	4.8	8.1	3.3
Other Nutrients	Electrolytes, all B Vits, Vit D & Calcium	Vitamins E, D, B2, B12 & B7	B7, B1 & Zinc	Electrolytes, B Vits, Calcium, Vit D & E	Electrolytes	Omega 6 & 3	Vits: D, E B2 & B12 Calcium

# Other Questions

Q. What should I eat around a late session, when there isn't much time to refuel after?

A. A solution might be to eat well before training (ie a bigger meal, if you can stomach it) then take a snack or small meal to have on the journey home.

Q. How much should I drink during hard pool training sessions, lasting 2 hours?

A. Ideally at least 1-1.5 litres. Having two bottles at training can be helpful, one with water and one with a homemade sport drink.

Q. Which cereal bar is best?

A. There is a great blog post [HERE](#) by registered dietitian Priya Tew for some cereal bar options.

Q. Are supplements necessary?

A. In a word, no. Having protein shakes will likely exceed how much protein is needed, meaning the rest will be peed out. Having protein shakes can basically mean you are paying for expensive urine... See page 6 for ways to increase protein intake through food.

# Protein Needs from the British Dietetic Association

## Protein

**Table A1.3** Reference nutrient intakes (RNIs) for protein (Department of Health, 1991)

Age	Weight (kg)	RNI (g/day)
0-3 months	5.9	12.5
4-6 months	7.7	12.7
7-9 months	8.8	13.7
10-12 months	9.7	14.9
1-3 years	12.5	14.5
4-6 years	17.8	19.7
7-10 years	28.3	28.3
<b>Males</b>		
11-14 years	43.0	42.1
15-18 years	64.5	55.2
19-50 years	74.0	55.5
50+ years	71.0	53.3
<b>Females</b>		
11-14 years	43.8	41.2
15-18 years	55.5	45.4
19-50 years	60.0	45.0
50+ years	62.0	46.5
Pregnancy		+6.0
Lactation		
0-4 months		+11.0
4+ months		+8.0

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Source: Department of Health, (2011). *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. Report on Health and Social Subjects 41.

This is the average requirement of daily protein for children in general.

This is an article by a SENr accredited sport nutritionist, recommending more specific guidelines for protein intake:

**Nutrition: What should youth athletes be eating and drinking? By Marcus Hannon**

1.4-2 g per kg are recommended for youth athletes

Change stones to kg [HERE](#)

Then multiply weight in kg by 1.4

Then multiply weight in kg by 2

This is your range for the day

$$45\text{kg} \times 1.4 = 63$$

$$45\text{kg} \times 2 = 90$$

63-90g protein per day for a 45kg male or female

# Protein Foods

These foods and portion sizes all have 20 grams of protein.



600ml full fat milk



95g Mackerel



570ml semi-skimmed milk



230g 5% greek yogurt



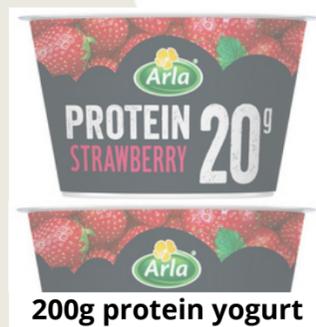
3 medium eggs



580ml skimmed milk



90g salmon fillet



200g protein yogurt



95g chicken sausages



200g reduced fat cottage cheese



130g Quorn pieces



95g Tempeh



250g Tofu



110g Quorn sausages



260g Lentils



5% minced beef



200g 0% Greek yogurt



65g chicken breast



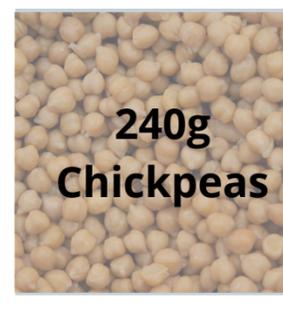
60g turkey breast



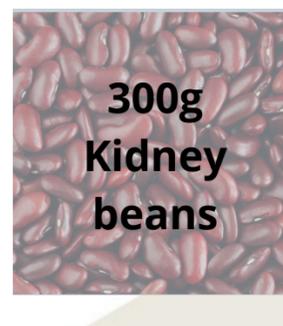
80g tinned tuna



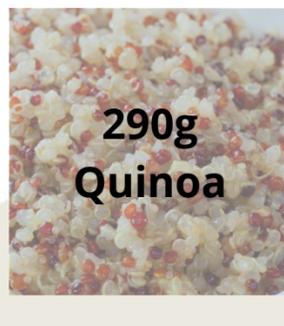
350g Peas



240g Chickpeas



300g Kidney beans



290g Quinoa



65g Pumpkin seeds

# Looking for a credible Sport Nutritionist?

Please find the Sport and Exercise Nutrition registrants [HERE](#)

A Registered Sport and Exercise Nutritionist is a qualified and experienced individual who has the competency to work autonomously with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health.

All registrants meet the highest professional standards and competencies that are set by the Sport and Exercise Nutrition Register (SENR).