

# BUILDING THE BASE

Performance nutrition is important to help your immune system, help adaptations to training and help your performance on a competition day. Focusing on the **Quality and Quantity** of the food you eat is key!

## 1. FOCUS ON NUTRIENT QUALITY

Optimizing your diet so that it meets energy needs and contains a variety of foods is essential.

Each meal should contain foods from the following 4 groups:

### - Support – Minimise wear & tear

- Antioxidants found in **fruit & vegetables** help to reduce oxidative damage
  - Aim for 6-8 portions per day & include a variety of colours!

### - Recover – Aid growth & repair

- **Protein** helps growth and repair of muscles and other body cells.
- **Healthy fats** (esp. omega 3 from oily fish) help reduce inflammation & boost immune function.
  - Aim for red meat 3-4 times per week – red meat is a great source of iron & zinc which are key for your immune function
  - Aim for 2-4 portions oily fish (e.g. salmon, mackerel) per week

### - Fuel – Provide energy

- **Carbohydrate** is broken down into glucose - a fuel source for your muscles and immune cells.
  - Ensure you adjust your carbohydrate intake to meet energy demands e.g. on heavier training days eat more carbohydrate

### - Hydrate – Provide fluids

- Dehydration can have a negative effect on performance and immune function. Ensure you are hydrate throughout the day! Take frequent sips of fluid throughout the day.

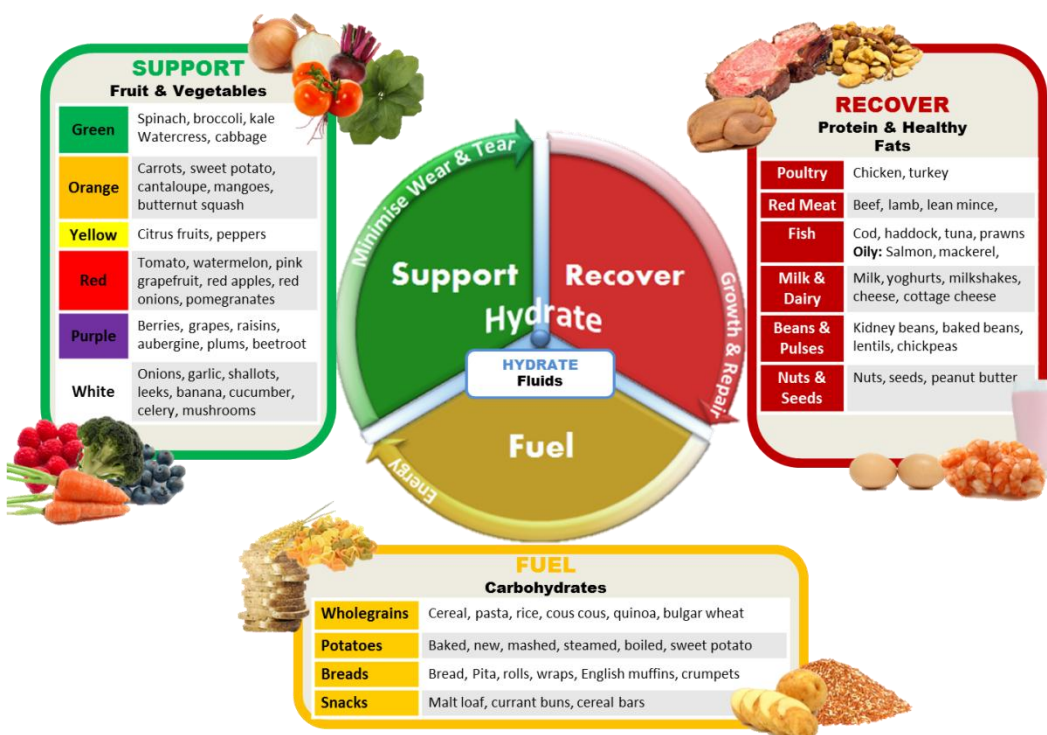
## TOP TIPS

### 1. Focus on nutrient quality

- Ensure all meals contain a good source of carbohydrate, protein & vegetables
- Aim for 6-8 portions of fruit & veg per day – aiming for a variety of colours
- Eat red meat 3-4 times per week
- Eat oily fish 2-4 times per week
- Adjust carbohydrate intake to match training demands
- Stay hydrated!

### 2. Focus on nutrient timing

- **Before training:** Ensure you are fuelled & hydrated
- **During training** Ensure you are fuelled & hydrated
- **Recovery:** Consume some carbohydrate & protein immediately after training



## MEAL EXAMPLES

Examples of meals that include all 3 food groups above include:

### Breakfast

- Cereal with berries & milk
- Porridge made with milk & raisins & nuts
- Granola yoghurt and fruit
- Scrambled egg with spinach on wholegrain toast
- Poached eggs with smoked salmon and avocado on toast
- Scrambled eggs, grilled tomato & wholegrain bagel
- Wholegrain bagel with cream cheese & smoked salmon & spinach
- Peanut butter and banana on toast



### Lunch/ Dinner

- Baked sweet potato with tuna & sweetcorn & salad
- Steak with sweet potato wedges & vegetables
- Roasted Mediterranean vegetables with chicken & boiled potatoes
- Pasta with grilled salmon and grilled vegetables
- Cous cous & chicken & mixed vegetables
- Lean meat sandwich with salad



## 2. FOCUS ON NUTRIENT TIMING

The timing of food intake around training is also important for your immune function.

### Before training

#### FUEL & HYDRATE

- Have a balanced meal that contains some fuel foods 2-4 hours before training
- Have a carbohydrate snack if needed 1-2 hours before training

#### Suitable snacks include:

- Fruit
- Cereal bars (e.g. nakd bars, eat natural, nature valley)
- Yoghurt & fruit
- Oatcakes
- Rice cakes
- Malt loaf
- Fruit smoothie
- Bagel

- Ensure you are hydrated before you start training

### During:

#### HYDRATE & FUEL (if needed)

- Sip fluids regularly throughout training
- If you have fuelled adequately before training you do not need carbohydrate during all sessions
- During key sets you may need extra carbohydrate e.g. sports drink, gel

### Recovery:

#### REFUEL muscles with carbohydrate

#### REPAIR muscles with protein

#### REHYDRATE by drinking fluids

Example Recovery options:

- Low fat Milkshake
- Milk & cereal bar/ banana
- Sports recovery drink
- Recovery bar
- Cereal & milk
- Fruit & yoghurt
- Eggs on toast
- Lean meat sandwich
- Lean meat with pasta/ rice/ potato

.NB if you choose to use any sports foods/ supplements it is important to ensure they have been batch tested or are part of the informed sport program. Look for the logo:

