

NUTRITION 101 FOR ENDURANCE ATHLETES



TODAY'S MENU!

- Nutritious eating principles
- Risky nutrients for adolescents
- Training & race day nutrition
- Hydration
- Questions!



WHY IS HEALTHY EATING IMPORTANT?

- Adolescents – growth spurt!
- Support growth of lean muscles & bones
- Boost immunity & prevent illness
- Mood, skin, hair & nails!
- Your performance relies on concentration & technique
- Recovery & restoration
- Energy for long runs, walks & speed endurance sessions as well as training adaptations from your strength and conditioning training



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans

Fruit

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts



Only sometimes and in small amounts



THE BALANCING ACT

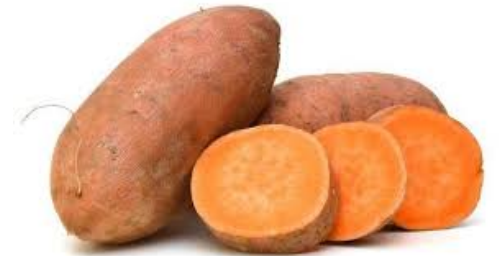
- How is your performance?
- What are your energy levels like?
- Are you happy?
- Do you recover for the next session?
- Is your weight stable?
- Are you frequently getting sick or injured?
- Are you having regular periods?



SMART CARBOHYDRATES

CARBOHYDRATES = *BASE* = *SUSTAINED ENERGY, RECOVERY & IMMUNITY*

Muesli, Oats (porridge), Freekah, Quinoa, Beans & Legumes, Whole grain or Rye bread, Barley, Brown Rice, Oats, Bran,
Wholemeal Cous-Cous, Pumpkin & Sweet Potato



PRODUCTIVE PROTEINS

PROTEINS = *SPREAD, STRENGTH – MUSCLE, CELL REPAIR & RECOVERY*

- Lean cuts of meat, including beef, kangaroo, chicken, turkey, fish & pork.
- Eggs
- Dairy products – milk, cottage cheese, ricotta cheese & yoghurt
- Tofu & soya products
- Legumes, nuts & peanut butter, tahini



HEALTHY FATS

FATS = *PADDING – PROTECTION, WARMTH, NERVE FUNCTION & HORMONE REGULATION*

Very important for overall health but energy dense, always enjoy in moderation!

- Mono & Poly – unsaturated fats & Omega 3 fatty acids are the best to include in your daily intake.
- Nuts, eggs, tahini, nut butters, avocado, vegetable oils such as olive oil, salmon & oily fish.



RISKY NUTRIENTS

Iron

Red meat, chicken, pork, liver, green leafy vegetables, whole grain breads, quinoa, apricots, & eggs!

Calcium

Milk, cheese, yoghurt, sardines, dried figs, chia, green leafy vegetables, tofu & tahini paste

Vitamin D

Oily fish such as salmon & sardines, mushrooms

B Group Vitamins

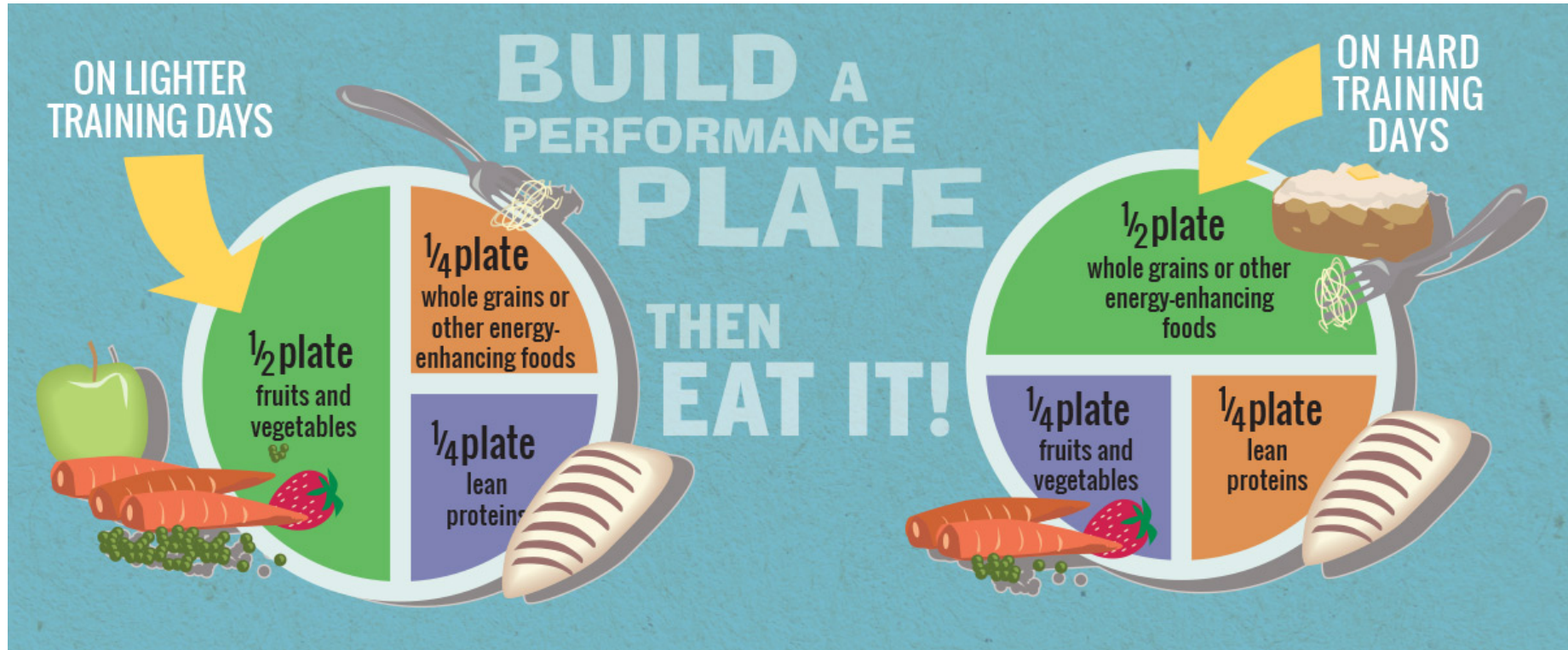
Vegemite, nuts, meat, fish & whole grain products

Where else?

- Fortified cereals, breads, fortified soy products
- Fortified orange juice/milk milo
- Sustagen, energiser, sunshine!



YOUR PERFORMANCE PLATE



What foods should I have before my competition?

- How long before?
- What types of food?
- How much?
- What to avoid..



What foods should I eat before training or my race?

Make your meal a smart carbohydrate one, with some protein & a small amount of fat
– sustained energy 3-4 hours before!

- ✓ Whole grain cereals, porridge, muesli, toast, crumpets, salad roll or sandwich
- ✓ Pasta/ rice dish
- ✓ Banana, banana bread, date scones, fruit muffin or muesli bar
- ✓ Water



What should I eat after training or gym?

Recover with a protein based snack or meal which will help increase your lean muscle mass, aid repair & recovery

- ✓ Aim to have within 30-60mins of finishing training
- ✓ Aim for 10g -15/20g protein based snack

...or your next meal with a good source of protein & carbohydrate



HYDRATION

- Why Hydrate?
- How do I replace lost electrolytes?
- What should I drink?

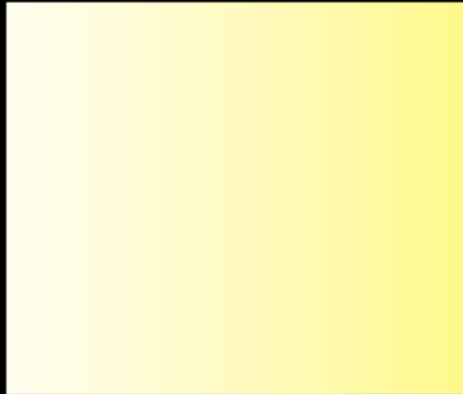
Gatorade, Powerade, Staminade Sport, SOS or Water?

Coconut water is refreshing, reasonable electrolytes but inadequate glucose for recovery.

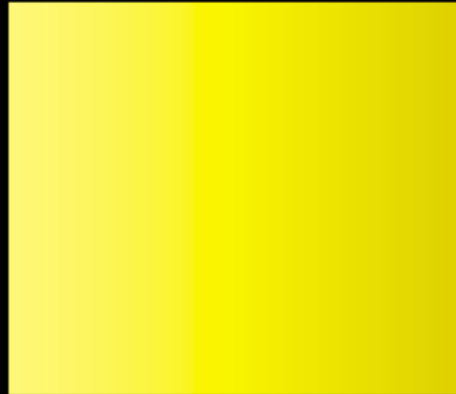
Vitamin water – has no salt, little glucose, so is essentially like drinking water with a few extra nutrients.



AM I DEHYDRATED??



If your urine looks like this before exercise you are well hydrated. Follow your drinking plan during exercise.



If it's darker you need to drink more before starting exercise. Be sure to replace fluids adequately during your exercise session. Drink 150-250mls of fluids every 15 minutes.



When your urine looks like this before exercise you are severely dehydrated. See your coach or teacher – right now!

For maximum performance you need to be well hydrated. • The colour of your urine before exercise can be a useful indicator



SportsDietPlans

TAKE HOME MESSAGES...

EAT WELL, TRAIN WELL & SLEEP WELL = PERFORM WELL

- Different energy needs for each athlete!
- Adolescents + Altitude = HIGH Energy & IRON Needs!
- Carbohydrate to fuel growth, training & recovery.
- Protein to fuel muscle growth & repair + many more bodily functions!
- Healthy fats for nerves, hormones and padding.
- Eating from all foods groups helps us meet all of our nutritional needs and keeps food fun!
- Endurance athletes need plenty of energy to support their training & recovery
- Visit SDA <https://www.sportsdietitians.com.au/> for great information on fact sheets or to locate an Accredited Practising Sports Dietitian

