

**NUTRITION BY
THE SPRINTING
DIETITIAN**

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THE TRANSITION FROM JUNIOR ATHLETE TO THE BIG STAGE



SKILLS

- Developing a nutrition plan
- Portion sizes
- Nutrient dense foods
- Reading labels
- Planning your pre and post training nutrition
- Different diets for athletes pros & cons
- Supplements

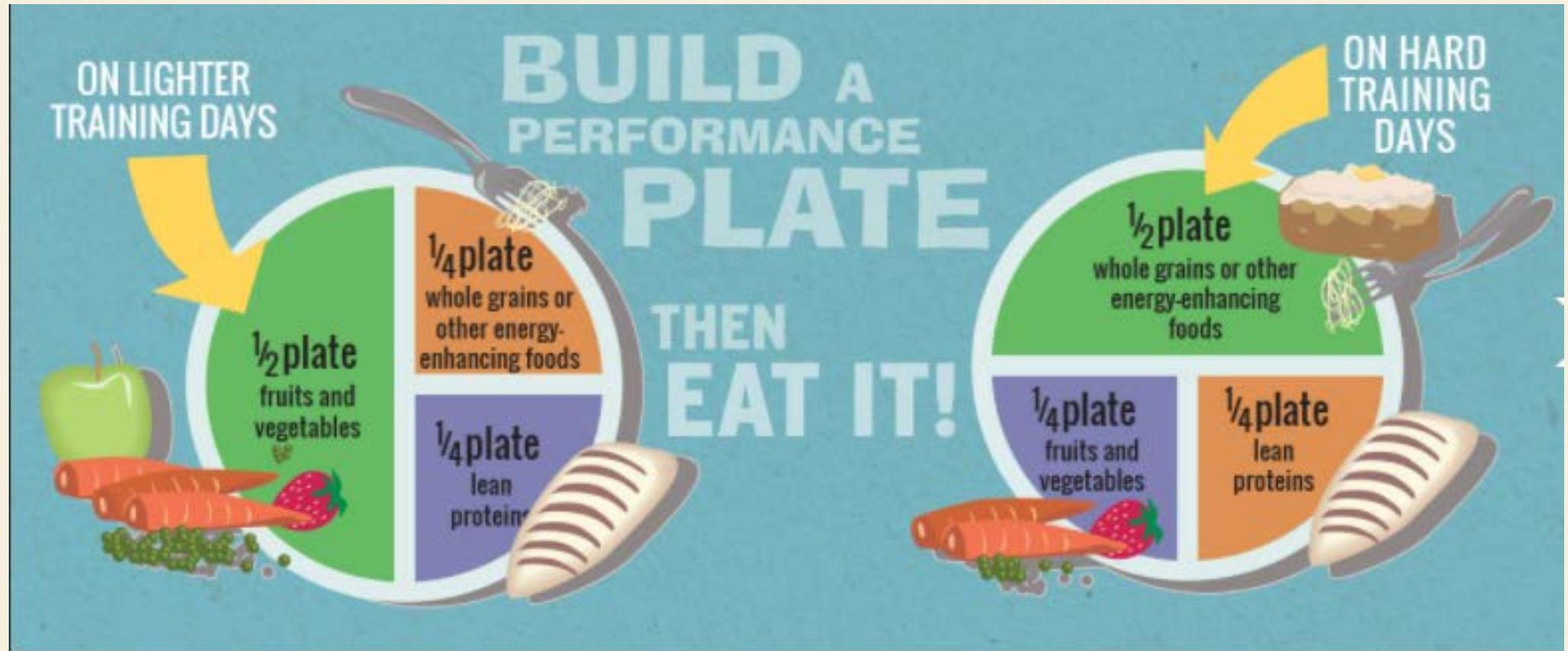
FIND FOOD THAT WORKS FOR YOU

- Each event has its own nutritional needs
- Things to consider:
 - How physically demanding your training sessions are
 - How many times per day/week are training
 - What phase of season you are in
 - How important is power to weight ratio
 - Lifestyle demands

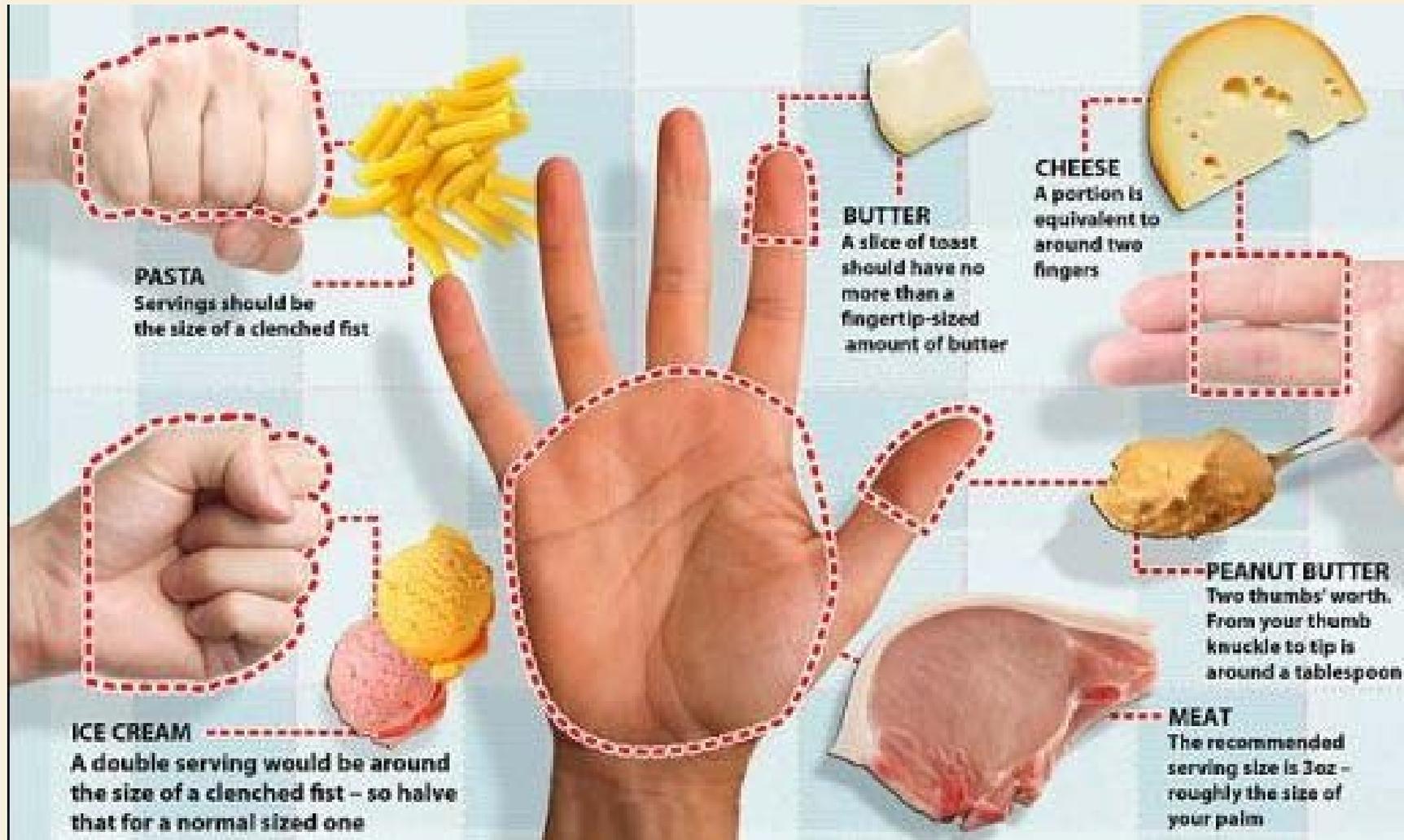
DEVELOPING A NUTRITION PLAN

- Some athletes food becomes the enemy rather than a pleasure in life. They feel it controls them rather than nourishing them and supporting their performance goals. Thinking about food and worrying about what you have eaten can take up a lot of unnecessary time and create a lot of unnecessary stress.
- Every time you eat it's a chance fuel you for your next session, aid recovery and nourish your body
- When developing a nutrition plan divide the day into times you're going to be in contact with food – the right foods, in the right environment – and then times that you are busy doing other activities that don't involve contact with food
- Make meal times pleasurable and enjoy the food on your plan

WHAT EACH MEAL SHOULD LOOK LIKE



PORTION SIZES

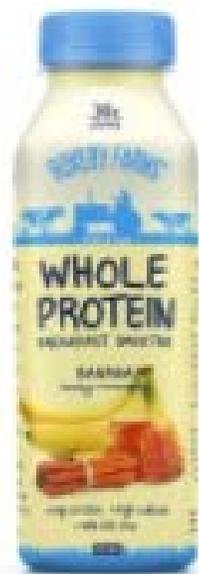


FOCUS ON NUTRIENT DENSITY NOT CALORIES

- Nutrient density refers to foods that contain a high amount of nutrients compared to the amount of calories they contain

Nutrient Poor	Nutrient Dense
Strawberry jam/honey	Natural peanut butter
Pasta	Sweet Potato
Watermelon	Banana
Cornflakes	Rolled oats
Deli meats	Canned tuna or salmon
Cream cheese	Cottage Cheese
Lollies	Fruit/dried fruit

LABEL READING



Banana

Ingredients

Filtered low fat milk, whole milk, banana puree, cane sugar, honey, cinnamon, natural banana flavour, lactase enzyme, carrageenan.

Nutritional information

Average Qty	Per Serve (425mL)	Daily Intake	Per 100mL
Energy	1233kJ	14%	290kJ
Protein	30g	60%	7.0g
Fat	5.5g	8%	1.3g
- Saturated Fat	3.8g	16%	0.9g
Carbohydrates	30.6g	10%	7.2g
- sugars, total	27.2g	30%	6.4g
- lactose, total	0.9g	n/a	0.2g
Sodium	98mg	4%	23mg
Calcium	850mg	106%	200mg

Notes: Nutritional values may vary naturally due to changes in seasonal conditions. If the values written in the nutritional information panel on our packaging vary to the values shown on our website then please take the values written on the product packaging to be correct.

PRE-TRAINING/COMPETITION

- A lack of appropriate nutrition before can mean you won't be getting the most out of your training.
- This is especially a problem if you train early in the morning and decide to skip breakfast and go straight to your session or in the late afternoon where people head straight to training from work or school, and haven't eaten for 4 or 5 hours since lunchtime. By then, your body will have digested and absorbed many of the nutrients from last night's dinner or lunch and there will be minimal energy left to fuel your training session. If you are going into your session fatigued and low on fuel, you can't expect to get the best results from your training.
- Have a meal 3-4 hours before training or a lighter snack 1-2 hours before training
- **So what should you be eating before training?**

Carbohydrate

Protein

- If you are too nervous to eat solid/real foods, try easy to nibble on foods like cereal bars

DURING COMPETITION

- In between heats/finals and multiple days in a row
- Quickly refuel with easy to digest simple carbohydrates with minimal protein and no fat
- Options: choose nibbly food
- Lollies
- Muesli bar (nut free)
- Banana
- Dried fruit
- Sandwich with jam/honey
- Rice crackers/corn thins
- Sports drinks
- Icy pole

POST COMPETITION

- It's true that post-training protein is important for muscle recovery after exercise. But so is carbohydrate, water, vitamins and minerals and the most underestimated factor, portion size.
- The rule of thumb is to aim for 20-30g protein within the first 60min after finishing training
- To help restore muscle fuel stores the ratio of carb:protein is important for promoting optimum absorption of both nutrients. Aim for a ratio of 2:1 carbs:protein. This means your recovery meal should have approximately 40g of carbs and 20g of protein
- Great choices:
 - Cereal with yogurt or milk and fruit
 - Juice, milk or sports drink with a scoop of protein powder
 - Sandwich or wrap with meat and vegetable filling
 - Pasta or rice dish with meat and vegies
 - Flavoured milk drinks
 - Protein smoothies

HYDRATION

- Being hydrated during training means you will be able to maintain your work capacity; in other words, **you'll be able to work harder for longer if you drink more water.**
- A 2.5% loss of body weight in the form of water can experience up to 45% loss in capacity to perform high-intensity exercise.
- The most important thing is to be hydrated BEFORE the event so that you don't become dehydrated during the event
- When you're thirsty, your body is already 1-2% dehydrated
- Water flushes out toxins and helps flush out excess acid from muscles in the body post-exertion. It also aids in cellular repair, so those micro tears created in muscle during exercise will heal faster, and leave you with less soreness the next day.

SUPPLEMENTS

- Although it is the athlete's final responsibility to make the decision about using supplements, **it's important to talk to a sports nutrition expert** or to consult reputable resources to get the facts.
- Questions to ask are:
- **Is it safe?** Are there any ingredients that cause harmful side effects or could be harmful to my health?
- **Is it effective?** Is there strong scientific evidence to show that this product can achieve benefits that are useful for my specific event and sporting goals? Is the protocol or recommended dosage for using this product clearly known?
- **Is it legal?** Is it free from substances on the WADA Prohibited List. Is it at low risk of being contaminated with prohibited substances? Has it been informed sport checked
- **Can I afford to purchase this product?** Are there cheaper options from everyday foods that might achieve the same goals?
- **Is this the right time in my athletic career to take supplements?** Have I ticked off all the other things to improve my health and performance (the right training, good sleep, good eating, sound recovery practices)
- When in doubt, don't take it!

VEGETARIAN & VEGAN DIETS

- Reasons may be for a perceived performance benefit, for environmental reasons or health reasons
- Pro's: Vegetarian diets tend to be higher in nutrient-rich carbohydrates, antioxidants and phytochemicals which are conducive to enhancing muscle refueling and maintaining health and well-being during periods of strenuous training.
- Con's: lower in energy, protein, fat, vitamins B12, riboflavin, and D, calcium, iron and zinc. Vegetarians have lower muscle creatine stores which can reduce the performance capacity of maximal and sustained high intensity exercise bouts
- Creatine and β -alanine supplementation can be helpful
- Iron and B12 supplementation

GOLDEN RULES OF SPORTS NUTRITION

- Rule #1 View food as a way to nourish your body and understand that every time you eat it's a chance fuel you for your next session and aid recovery
- Rule #2: Create a meal plan that works for you
- Rule #3: Given the choice, choose the nutrient dense options
- Rule #4 Avoid working out on an empty stomach
- Rule #5 Never skip your recovery meal
- Rule #7 Tick off all the other things to improve your health and performance (the right training, good sleep, good eating, sound recovery practices etc.) before you turn to supplements
- **Rule #8 ENJOY YOUR FOOD**

QUESTIONS