

Sports Nutrition – Basic Pre Season Guide



Breakfast Ideas:

Try to include carbohydrate and protein at breakfast, as well as a dairy and fruit serve. Combine foods such as:

- Cereal, wholegrain breads, crumpets, muffins
- Milk, yoghurt, cheese
- Eggs, Baked beans, tinned spaghetti
- Fruit or fruit juice



Examples of a great start to the day.....

- ✓ Cereal with reduced fat milk and topped with fruit
- ✓ 2 pieces of toast, milk drink and a banana/fruit
- ✓ English muffin with slice of cheese or peanut butter and a piece of fruit
- ✓ Fruit toast with ricotta and glass of juice
- ✓ Poached or scrambled egg/s on toast with a glass of juice
- ✓ Baked beans or tinned spaghetti on toast and milk drink
- ✓ Pancakes with syrup/honey and fruit with a glass of reduced fat milk
- ✓ Smoothie with the lot – fruit, milk, yoghurt

What if I have training early in the morning?

For a cardiovascular/aerobic session:

(This is a session which involves running, swimming or continuous physical activity)

- Have source of carbohydrate before your session
- After training, have a breakfast suggestions above, which include carbohydrate and protein
- Examples include – fruit, juice, muesli bars, protein bar

For a weight training or strength session

(A session to help muscular development as well as strength and power)

- Have s source of carbohydrate and protein. A compact source of carbohydrate AND protein are milk drinks – ‘Up and Go’, Sustagen, yoghurt or a low fat smoothie.

Lunch Ideas

- ✓ Sandwich, roll, wrap, pita bread with fillings such as lean ham, roast meat, chicken, turkey, silverside, tuna or salmon, egg, cheese with salad
- ✓ Sushi
- ✓ Pasta, rice or noodle dishes with a protein source and vegies
- ✓ Healthy pizzas (lean meat, small sprinkle of cheese, vegies)
- ✓ Healthy burger or kebab (with lean meat patty/steak or chicken) & salad



- + Add some a milk drink or yoghurt and piece of fruit
- + Glass of water or juice

Dinner Ideas

Dinner should consist of protein, carbohydrate and a selection of different coloured veggies.

- ✓ Barbecued, lightly pan-fried or grilled lean meat, skinless chicken or fish with vegetables or salad. Make sure you add some potato, sweet potato and/or corn or even a roll as your source of carbohydrate
- ✓ Pasta with a tomato base or a low fat sauce with lean meat, chicken and vegetables
- ✓ Burritos or tacos – use mince or meat and wrap up with plenty of vegies. The home kits are a great way for a quick and easy meal.
- ✓ Stir-fry – with lean meat and vegetables. Add some rice or noodles as your source of carbohydrate.
- ✓ Lasagne and a side salad. Made with low fat cheese and lean meat. Instead of cheese sauce, try using a tin of tomato soup over the top of layers to moisten the lasagne and a sprinkle of cheese on top for taste.
- ✓ Healthy pizza – use plenty of vegetables as the topping as well as protein (ham, chicken, lean mince) and a sprinkle of cheese. Avoid fatty meats such as salami.
- ✓ Tuna pasta bake – try tomato sauce, throw in some vegies and tinned tuna for a no-fuss meal.
- ✓ Curries or casseroles – lamb curry, apricot chicken. Avoid coconut creams. For a recipe with coconut cream, try using light evaporated milk and coconut essence.
- ✓ Steak burger – steak with plenty of salad on a bun and pop some salad on the side. You may like to opt for chicken or a lean mince burger instead.
- ✓ Beef stroganoff – beef, plenty of mushrooms, onion and use an extra light sour cream. Try a side dish of salad (or if you are watching your weight, fill your plate with half salad, half stroganoff)
- ✓ Minestrone soup – with beans, vegies and pasta. Those with extra energy needs, add a crusty bread roll

I AM ALWAYS IN A RUSH – WHAT ARE SOME QUICK AND EASY SNACKS/MEALS?

Examples of foods to be used to and from training

- ✓ Milk and juice drinks e.g. freeze poppers
- ✓ Bars - muesli, cereal, fruit and sports
- ✓ Sandwiches, wraps, subs and rolls
- ✓ Fruit – fresh, in a tub or dried
- ✓ Trail mix – dried fruit and nuts
- ✓ Crisp-breads or crackers with cheese or peanut butter
- ✓ Dairy snacks in a tub e.g. yoghurt, Le Rice
- ✓ Baked snacks - muffins, buns, scrolls, banana bread, pikelets
- ✓ Cold or hot pasta/noodles
- ✓ Cereal in a plastic bowl



Strategies to increase your energy intake:

1. Eat regularly! Aim to eat 5-6 (or more) meals/day.
2. Consume protein and carbohydrate at every meal.
3. Keep plenty of snacks in your lunch box such as muesli bars, dried fruit and nuts, fruit, flavoured milk, juice, crackers and cheese, yoghurt.
4. Always plan ahead. Carry recovery food with you to training as well as during long competition days and training camps.
5. Try to snack on the weekends. Make sure you keep up regular meals.
6. If you struggle eating around and during training, trial different nutritional supplements such as powerbars, gels, liquid meal supplements such as sustagen or up and go.
7. Drink juice, cordial, milo or soft drink with lunch or dinner meals to increase your carbohydrate content.
8. Make yourself energy dense drinks such as smoothies with milk, fruit, ice cream and/or yoghurt. Try milo or sustagen with your snacks.

9. Add skim milk powder to your milk drinks. This is a cheap source of adding energy and nutrients.
10. Have a recovery snack as soon as you can after training. Have this as well as your normal snack or meal (eg. Breakfast).
11. Have dessert!

Suggestions for snack 1-2 hours from game start:

- Sports drink
- Muesli/cereal bar with banana
- Vegemite sandwich
- Rice crackers
- Honey Sandwich
- Pikelets with jam



Fluid Guidelines

- Begin each exercise session in fluid balance. This requires drinking regularly throughout the day leading up to training or competition. Have a drink with all meals and snacks.
- Immediately, before exercise commences, consume 300-600 ml of fluid. This will prime your stomach to help with absorption during exercise.
- Aim to match previous fluid losses as closely as possible (within 1% of body mass). Take advantage of all opportunities to drink.
- Weight self before and after training and game day to work out how much fluid you usually lose and use this as a guide.
- Begin drinking early in the exercise session and continue to drink small amounts regularly. This will help with absorption and prevent gut problems. Sports drinks or water are the best options.
- Aim for 200ml -300ml every quarter AT LEAST.
- Replace fluid deficit after exercise. You will need to drink 150% of any fluid deficit in the 4 hours after exercise to account for ongoing sweat and urinary losses. Basic formula is drink 1.5 litres for every litre lost exercising.

Eg: Pre training you weigh 75kg, Post training you weigh 73kg.
Loss = 2kg
Formula is $2 \times 1.5 =$ Aim to drink 3 litres to balance fluid deficit.

When fluid losses are high and/or rapid rehydration is required, sodium replacement may be required. Sports drinks, oral rehydration solutions and salty foods can all contribute to sodium replacement.



RECOVERY NUTRITION FOR GAME DAY AND TRAINING

The nutritional recovery process starts as soon as training or the game finishes. It is important after game day that recovery continues into the next day so that you allow your body to refuel and repair itself adequately.

Recovery is important to:

- Refuel the muscle and liver glycogen (carbohydrate) stores
- Replace fluids and electrolytes lost
- Make new muscle protein, red blood cells and other cellular components for repair and adaptations
- Allow the immune system to cope with challenges and damage caused by exercise

RECOVERY SNACKS AFTER TRAINING/GAME WITH GOOD SOURCES OF PROTEIN AND CARBOHYDRATE:

- ✓ Breakfast cereal and milk
- ✓ Fruit smoothie
- ✓ Sandwich with ham/chicken and cheese
- ✓ Flavoured yoghurt with fruit salad
- ✓ Up and Go and muesli bar
- ✓ Stir-fry with steamed rice
- ✓ Pasta dish with meat/chicken



Extra hints for recovery snacks and meals:

LACK OF APPETITE: If your appetite is reduced (particularly after a game), choose compact sources of carbohydrate and protein. Good examples of easy carbohydrate sources are soft drink, sports drink, cordial, juice. Protein sources are protein bars, drinks, milk drinks, smoothies etc.

HIGH GI FOODS: Research has shown that high GI foods may be better for faster glycogen replenishment. This includes watermelon, soft drink, white bread, jasmine rice, lollies.

EAT REGULARLY: Small, frequent meals after a game can help you meet your energy requirements. If you struggle to eat the next day and have high energy requirements, keep snacking on muesli bars, fruit, tuna/baked beans, toast, sandwiches etc.

ALWAYS PLAN AHEAD: to make sure you have appropriate recovery snacks or meals available for consumption after training!

DRINK FLUID WITH EVERY MEAL: You need to not only need to replace energy BUT also fluids. Keep drinking, particularly in hot, humid conditions

COMBINE YOUR FLUID AND RECOVERY NEEDS: try milk drinks such as 'Up and Go', smoothies or sustagen sport – high in carbohydrate BUT also give you some protein.