

How do you use nutrition to improve your performance?

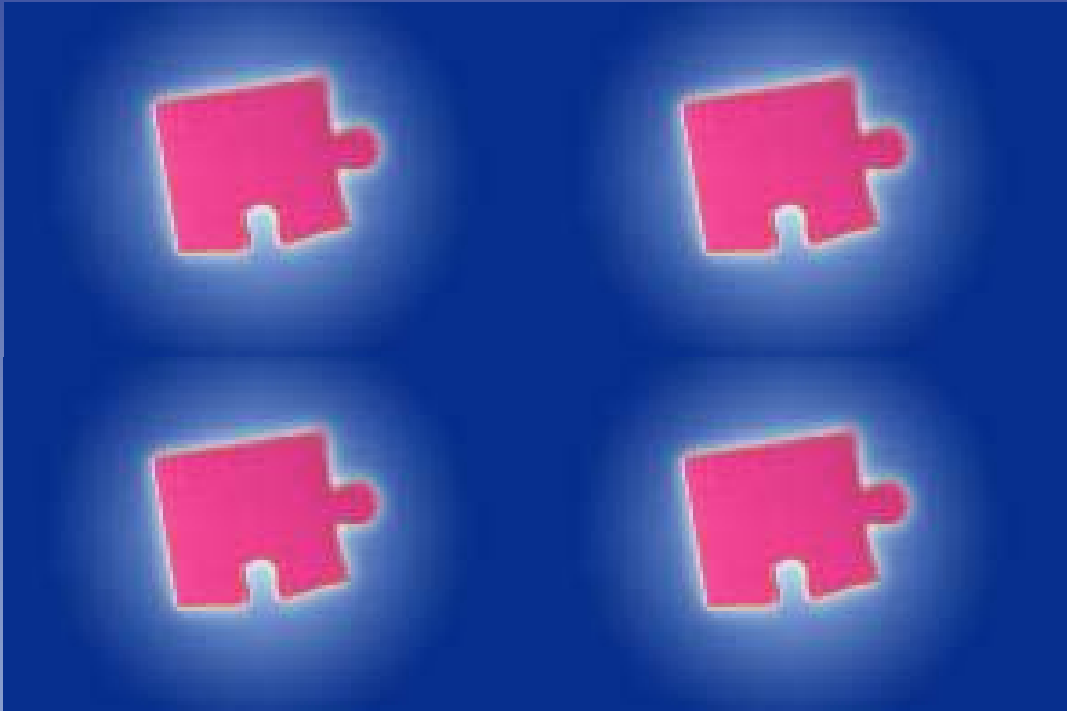
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Accredited Sports Dietitian



Nutrition and hydration: One piece of the performance puzzle?

Everyone can get something from it.



HAVE YOU
GOT THE
ENERGY?



Planning your training day what do you *eat and drink*?

Morning → Evening	WHAT DO YOU EAT NOW?	COULD YOU IMPROVE IT?
Breakfast		
Mid morning		
Lunch		
Mid afternoon		
Dinner		
Before bed		
Before training		
During training		
After training		





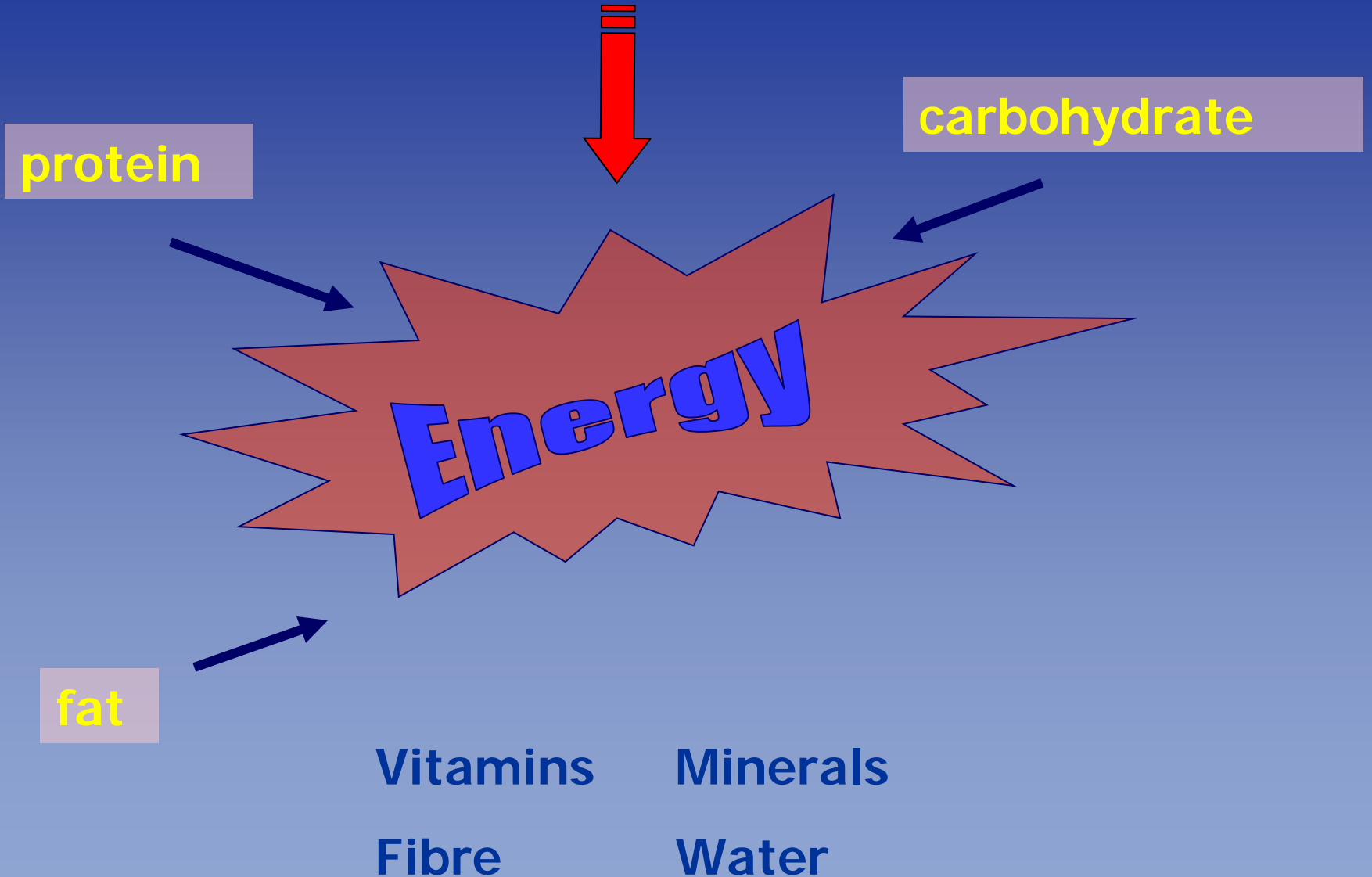
Key Nutritional Issues for performance

- Replacing fluid.
- Replacing Carbohydrates.
- Adequate Protein
- Healthy Balance
- Good habits
- Recovery
- Travel
- Supplements: Safety and necessity?

How much food and drink do you need?

- Enough to Live
- Enough to Grow
- Enough for Training
- Enough for Competitions

Food and Drink







500g e

pack and...
magic
ND
SORT
PARIS



7 7:30 PM

Fat

- a rich source of calories
- stored in adipose (fat) tissue mainly around the organs and under the skin, but some in muscle
- Essential for insulation, nerves, fat soluble vitamins, essential fatty acids

fruit & vegetables

2 - 5

bread, other cereals & potatoes

5 - 8

meat, fish & alternatives

2

foods containing fat, 1 - 2
foods & drinks containing sugar

milk & dairy foods

2 - 3



Fluids

15 – 18 yrs: 50mls/kg

18 yrs + 35mls/kg

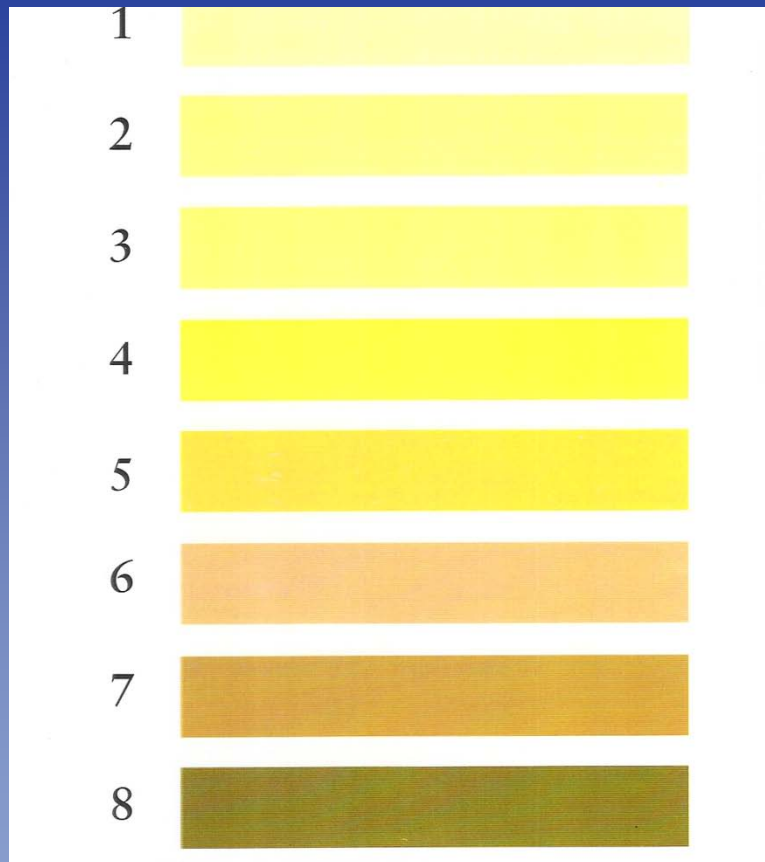


Sweat losses



- Your body sweats to keep you cool
- Being thirsty is not a good guide for your need for fluid
- Drink regularly – the more you sweat, the more you need to drink
- Practice drinking during training

Measuring Hydration



Your target is to make sure that your pee is the same colour as numbers 1, 2 or 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration.

- PEE test – aim 1 – 3
- Signs of dehydration
 - Thirst, headaches, dark coloured urine, irritability, dizziness, cramps, nausea, decreased performance
- Pre and post training weights



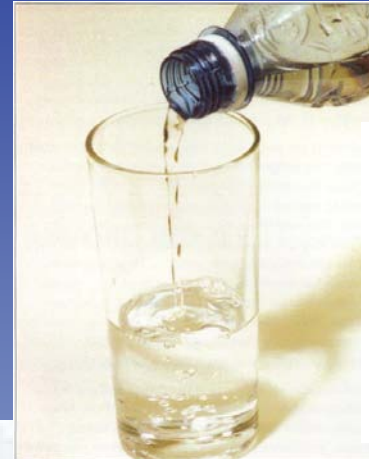
Dietitians in
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Lucozade Sport for fast energy and
fast fluid to help maximise performance

Choice of drinks for exercise

- Water
- Diluted fruit juice
- Diluted fruit squash
- Sports drinks
 - hypotonic
 - isotonic
 - hypertonic





Sports Drinks

- Do you always need them????

Putting it all together

- What and when you eat and drink is important to make sure that:
 - You are well hydrated
 - Your muscles are well stocked before exercise
 - You are not hungry starting exercise
 - You rehydrate and refuel your muscles after exercise, ready for the next session

Eating and drinking before training or competition

- ☺ Carbohydrate meal or snack 1 – 2 hours before training or match
- ☺ Always take a drink (at least 500mls)

Eg

- ✓ Sandwich or roll
- ✓ Yogurt and fresh fruit
- ✓ Pancakes or scones
- ✓ Breakfast cereal with milk

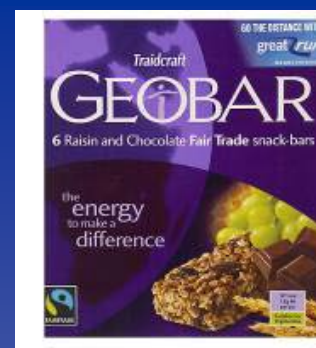


What should you drink during training or competition?

- ☺ Try to drink about 300mls before training starts
- ☺ If the session is less than 1 hour, water is fine
- ☺ If the session is more than an hour, drink diluted squash or sports drink
- ☺ Don't wait until you are thirsty – take regular sips throughout session: stop at regular intervals during laps.
- ☺ Look after your teeth as sports drinks and squash contain sugar

Snacks for after training

- ✓ Water, diluted fruit juices, squash or sports drink
- ✓ Sandwiches or filled rolls
- ✓ Bananas, grapes, apples, mandarin oranges
- ✓ Sultanas, raisins, dried apricots
- ✓ Fruit loaf, pancakes, scones
- ✓ Jaffa cakes, fig rolls
- ✓ Cereal and energy bars
- ✓ Yogurts, Yogurt drinks
- ✓ Smoothies



Planning your training day



(what's in your kit bag?)

Key points Everyday nutrition

- Enjoy a variety of foods
- Focus on nutrient-rich, high carbohydrate foods, planned around your training/competition
- Consume small quantities of high fat foods
 - Nuts a good snack
- Include protein foods at each meal
- Look after fluid needs
- Have a snack / supper at night to prepare for the morning.
- Use milk or a smoothie before morning swim.

Key points competition nutrition

- Experiment during training to develop a food and fluid plan that best suits you
- Be organised – take snacks and drinks with you
 - Carbohydrate drinks / MILKY DRINKS.
 - Water
 - Snacks
- Refuel and rehydrate after swim. HAVE A PLAN
- Investigate what to expect when competing away from home