



Balanced Nutrition
CONSULTANCY



Sports Nutrition Alphington Football Club

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Quick Guide to endurance athletes Nutritional needs – football, running etc – 60 mins plus

- Individual needs – genetics, training
- RIGHT FUEL – before/during/after
- RECOVERY/ REPAIR
- RE-HYDRATION
- 3 R'S
- BETTER PERFORMANCE AND ENDURANCE

FUEL your Football

- 3 R's
- Right Fuel – before/during after
- Repair/recovery nutrition
- Rehydrate
- Better performance/endurance



Fuel your day – before/during/after training/matches

Eat the right fuel for your next training session or match

3+ hours to go – balanced meal protein, carbs and veg/fruit

2hrs to go – simple carbs – bagel and jam, pancakes – don't overdo it!

Under 1 hr banana and glass milk

Hydrate well/beware energy drinks

Eat the right fuel to re-fuel after your last session

- Eat a snack/meal within 2 hour of match/training to get the best muscle recovery and growth
- Ideal snacks nuts, bananas, flapjacks, smoothie – yogurt or milk based
- Milk based drink ideal – chocolate milk or equivalent



Refuel – during exercise

- Hitting a wall at 60 mins?
- Jelly babies, gels, sports drinks – HALF TIME only
- What works for you?
- Tops up glycogen stores
- Hydrate

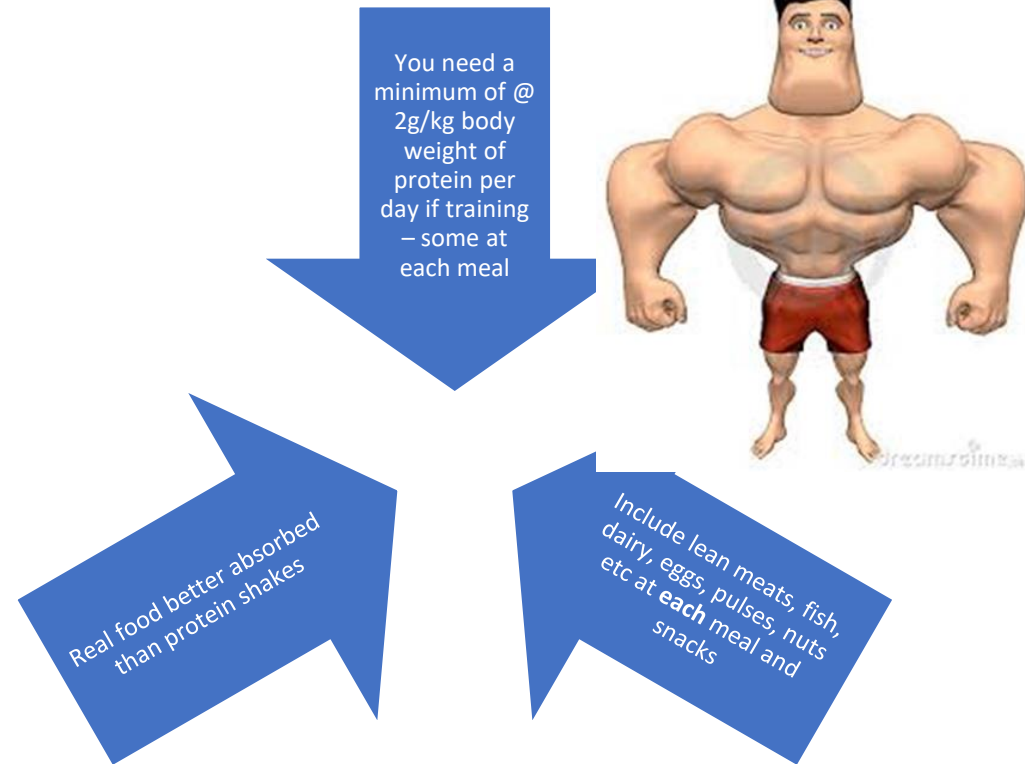
Be aware of sports drinks *pre-exercise*



- Fine from half time BUT
- If you take on too much glucose before training – your insulin levels rise taking glucose out of blood and you will have a **blood glucose crash** – feel lack of energy half an hour into match/training
- Best eat bagel, banana half hour before you train

Repair and build muscle and recover - protein

Eat balanced meals with sufficient protein



Eat snacks with protein and milk at night

- Your body uses protein to repair and build muscle in **pulses** through the day, include it in all meals and snacks
- If training daily try and include protein in snacks (nuts yogurt, milk, lean meats etc)
- Your body recovers and repairs at night and **milk ideal** for repair and regrowth muscle – drink before bed

What is protein and how does it make muscles?



- Protein is made up of amino acids
- Branched chain Amino Acids (BCAA) are main drivers behind muscle recovery and growth
- BCAA drinks anyone? Not needed
- Most important one is **leucine**, w
synthesis - MPC.



ger to **muscle protein**

Milk



- Great source of protein, contains leucine.
- Contains whey protein that is used for protein shakes and casein for slow recovery (overnight)
- Chocolate milk is the perfect recovery drink as it does the 3 R's



Carb loading

- 48 hrs before a big game eat larger portions carbs at each meal and only train light
- Ensures stores of glycogen (energy) in muscles and liver at optimum for best performance and maximum endurance

Supplements???

- Who takes them?
- Protein shakes expensive
- Get everything from diet
- Except Vitamin D
- - October-March



Contamination of supplements

- GB athletes are now strongly discouraged from taking supplements without consulting team doctor or nutritionist
- IOC lab in Cologne Germany tested 634 “off the shelf” nutritional supplements and discovered that 15% contained enough anabolic agents to fail a drug test

Charlie Simpson (Brookes University Oxford)

IOC – International Olympic committee

Repair – muscle and recover fruit and veg

- Veg and fruits provide all the minerals and vitamins to boost **your immune system, help with repair, release energy from foods and keep you healthy –**
- 5/day min and all different types and colours best
- Increased need in sport



RE-HYDRATION – weather, activity level etc
Not being properly hydrated can affect performance
by 10-20%



How long do you exercise/train?

Affects type of fuel you need

< 1 hour

- Water all you need



> 1 hour – during the 1+ hr take

- Water and top up glucose levels
- Banana and water
- Sports drink
- Water and jelly babies
- Gels
- Expense, caffeine effect on gut

What Color is Your Pee?



Coors Light™



Pale Ale



IPA



Guinness™



Fast food

- Nothing off limits - just time it well
- If you eat a Mc Donalds or Dominos the night before a match you simply won't perform your best
- If you eat one after training you wont hydrate or refuel properly
- Pick a day with no matches or training to enjoy these

Sleep' no such thing as over training just under resting'

- Sleep crucial muscle repair time
- Key for immunity
- Key for concentration in lessons
- Be aware of blue light/caffeine
- 9 hours recommended amount



Right fuel for optimum performance

Quality

- Proteins – lean meats, eggs, dairy and pulses
- Carbs – go for wholegrain versions where possible at each meal – white version if near training session for instant energy
- Fats – include good fats like olive oil, oily fish, avocados and nuts
- Fruits and veg – eat the rainbow each colour has a different function – variety key – 5/day min

Quantity – young athlete - 1-2hrs/day

- 4 -6 portions of grains, oats, rice etc potatoes/day – portion size of fist
- Protein at each meal – portion size of your palm
- **Need sufficient energy to meet energy needs and mobilize protein**
- **Fruit and veg – 5/day min**

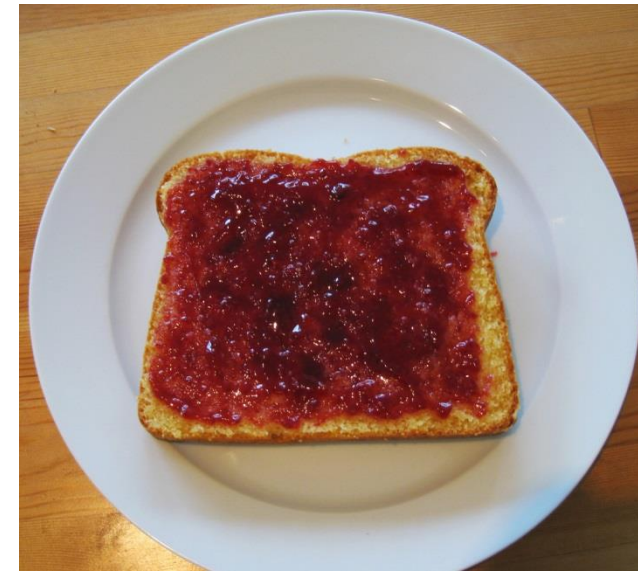
Pre workout meal <3 hours — Green ok — red beware

- Starch with slow-release energy — glycogen stores and nutrients
- Carbs - 50% whole grains, potatoes, pasta, rice, quinoa
- Protein, fibre and vitamins
- White meats, fish and fibrous vegetables and fruits
- Excessive fat — slow digestion and absorption
- Fried foods, puddings, red meats and cheese



Pre-workout snack < 1 hour — top up glucose, preserve glycogen stores

- Starch and sugars
- Refined carbs — white bread, bagels, jam, honey, sports drinks
- Protein, fibre and vitamins
- 'Bars', fruits
- High fibre and fat
- Dried fruits and nuts and nut spreads, cream cheese



Post workout snack

- Carbs and protein 4:1 ratio – 30 min window – REFUEL, REPAIR, REHYDRATE
- Chocolate milk, banana and PB, granola fruit and yogurt, bagel and sliced chicken
- Too much protein – displaces carbs slows digestion
- Protein shakes – be aware
- **ANYTHING BETTER THAN NOTHING** - if you don't refuel 60 min window – optimum window - training counter productive



Post workout meal within 1 hour < 3hrs to train

- Replenish glycogen stores –
- nutrient and energy needs
- Carbs (50%), veggies/pulses, lean protein
- Protein, fibre and fat – slows digestion
- Lean protein, veg and pulses, good fats
- Sugary and fatty foods
- Fried and processed foods - replace nutrient rich foods



Any questions?

Email abi@balancednutritionconsultancy.com



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C O N S U L T A N C Y