



HEALTHY EATING

FUELLING UP

 **Athlete or not** – all teenagers need a 'balanced diet': remember 'you are what you eat'. So a good range of Carbs (for energy), Fats (protection & as an energy store) and Proteins (for growth & body maintenance) is essential. But what does all that mean to you, particularly if you are starting to get more serious about your sport?

As you start to exercise more you'll feel great but also may need to take on more 'fuel'. Yet part of you is thinking "I need to be trim to be a better at my sport". Well, yes, but it's all a question of balance; building a strong core of 'functional' muscle (as opposed to bulk) takes time and a balanced diet. Poor diet really can impact your performance so try some of these ideas.

Home-cooked food is best – then you know what's gone into it and there's more chance that has a balance of carbs, protein & fats. Why not offer to help with food prep/shopping at home?

 **Sugary carbs** - will give you a great lift because they can be absorbed quickly, but many sports don't need that quick lift. Switch away from

these empty carbs (eg biscuits)' to non-sugary carbs (wholemeal bread/pasta).

Fresh vegetables - are a must for fibre, vitamins & minerals - the things that help you best use food you eat.

Snacking – 'snacking' isn't bad but mix it up - select from two of the food groups, see panel.

Before exercise - avoid eating big meals within 2 hours of exercise. Then stick to fruit, low fibre carbs or cereal bars.

After exercise - plan to eat something within 30 mins of exercise – sometimes you feel less hungry then so a yogurt, glass of semi-skimmed milk or a sandwich is perfect.

Supplements – you can get all sorts of supplements. Unless prescribed by your doctor there's no need – better to stick to the advice above.

If you have concerns about your weight or diet please do talk to an adult you trust or your doctor.

HEALTHY SNACKING

Banana/peanut butter (fruit/protein)
Grapes/cheese stick (fruit/dairy)
Yogurt/strawberries (dairy/fruit)
Cheese/crackers (dairy/grain)
Hummus/carrots (protein vegetable)
Nuts/dried fruit (protein/fruit)

FUELLING UP

→ HEALTHY EATING
→ PERFORMANCE
→ HYDRATION
→ SPORTS DRINKS
→ ELECTROLYTES

POWERING PERFORMANCE

FUELLING UP

★ **Getting ready for a race?** It's often the last quarter in which winners 'win' . . . or is it when losers 'lose'? Sometimes you just run out of energy in those closing moments. Could it be the fuel you're using? Even before you start entering big competitions it's worth getting the right fuel.

You'll be getting ready for regattas or 'heads' (long distance time trials) – and will eat different food for each.

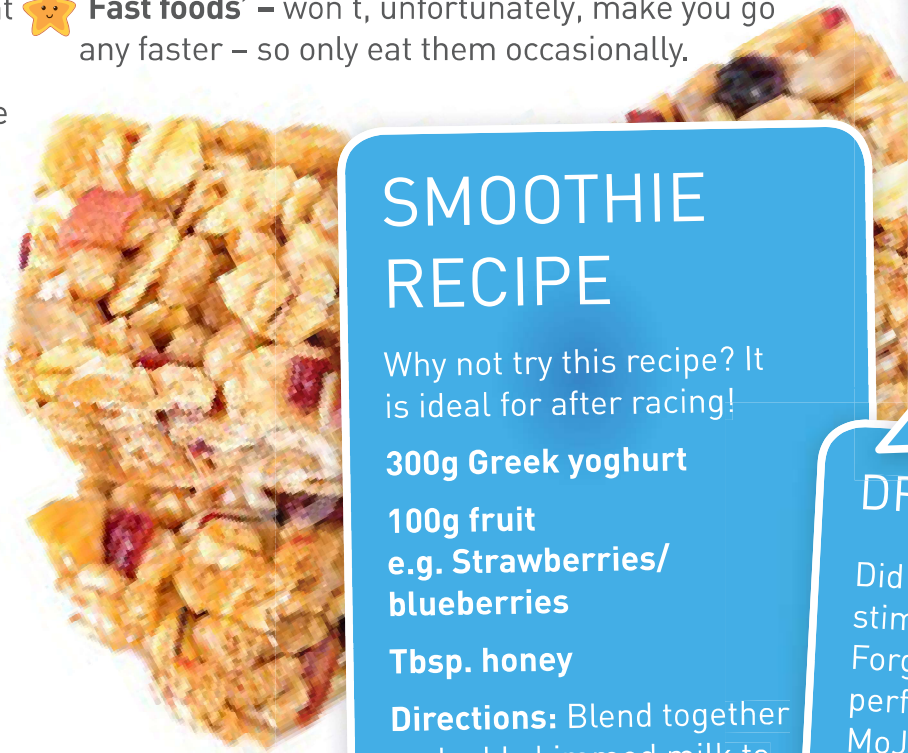
♥ **For heads** – carbs the night before (pasta or rice is ideal). Breakfast might be porridge, muesli, beans on toast or cereal with milk, toast and a smoothie. Pre-race (1-2 hrs) try a cereal bar, banana or fruit yoghurt. (Go for slow-release carbs – low GI)

♥ **Regattas** – again carbs are important the night before. Reduce fatty consumption in the lead up to a race. Always eat breakfast – similar to heads. You won't know exactly when your heats are so planning small snacks/drinks (cereal bars/ flapjacks/raisins/sultans/bananas/jelly babies) in between will really help.

After – your body will be crying out for carbs,

protein and fluids so plan to eat something within 30 mins. Sometimes you feel less hungry then, so a yogurt, glass of semiskimmed milk or a sandwich is perfect – you can take it as soon as you come off the water – perhaps with a banana. A more structured, yet light, refuel might be an omelette with juice or water.

★ **'Fast foods'** – won't, unfortunately, make you go any faster – so only eat them occasionally.



SMOOTHIE RECIPE

Why not try this recipe? It is ideal for after racing!

300g Greek yoghurt

**100g fruit
e.g. Strawberries/
blueberries**

Tbsp. honey

Directions: Blend together and add skimmed milk to taste

VEGETARIAN



Vegetarian? There is no reason why you can't eat a well-balanced diet whilst following a vegetarian or vegan diet. Include lots of legumes – especially if you don't eat animal products at all!


Examples of vegan sources of protein: beans, lentils, chickpeas, soya products, seeds, nuts. If you are a vegetarian, these sources of protein are also available to you: eggs, milk/ dairy and mycoprotein (such as Quorn) products.

DRUGS




Did you know coffee is a banned stimulant in some sports! Forget stimulants and other performance enhancing stuff – MoJo is all you need!

HYDRATION

 **Half Water** - half of your body is made up of water!!!! So it's really important to keep 'topped' up. Water is essential for all sorts of reasons. It is important in the regulation of body temperature, aids digestion, keeps the nervous system alert, joints lubricated (reducing injury risk) and provides a 'pathway' for nutrients, oxygen and waste to name a few. So keeping it in balance is pretty important.

Fluid Balance - it becomes doubly important when you start to exercise as you lose water through sweat keeping cool. Just breathing harder causes extra moisture to evaporate from your lungs (as moisture always evaporates from your lungs - just more when you are exercising).

Just 2% fluid loss has an immediate effect on both your physical and mental performance and can slow up your ability to recover between heats or at half time. Loss of more than 5% can reduce effectiveness by 30%! On top of that, dehydration can cause painful muscle cramps during exercise and even at night after a workout.

 **The 'PEE' test!!** - The best measure of hydration is the 'PEE' Test – the colour of your

urine. It should be a clear, light straw colour – and the lighter it is the better. Check the bottle on this page – aim for the top colour!

When & How Much'

- Check the chart. If you notice signs of dehydration, rehydrate quickly. It may not save that performance but you will recover more quickly. Experts recommend 6/8 glasses (2 Litres) every day, even for those not exercising heavily.

Fluid intake is highly dependent on your sport, body size, age, training experience, clothing etc. and the temperature.



FUELLING UP

TOP TIPS

Weigh yourself before & after exercise – calculate the weight loss in grams

Measure how much fluid you consumed during the exercise activity in grams and add this to your weight loss

This is the MINIMUM amount of fluid you need to consume to properly hydrate

In hot climates – don't forget any sweat in your clothes

REHYDRATION!

Training or racing over long periods – try this recipe for a rehydration drink:

500 ml fruit juice


500ml water



1-1.5g (1/4 tsp) of salt

SPORTS DRINKS AND ELECTROLYTES

FUELLING UP

Don't drink too much water - This can cause hyponatraemia (low salt concentration in your blood). Symptoms include nausea, dizziness, lethargy and a dip in performance.

 **If you're exercising for periods of 1-2 hours or more** – it's a good idea to include electrolytes in fluids. If you're doing less than this, try adding a very small sprinkle of salt (Sodium) straight to your water bottle to help your body retain fluids. There's no need to buy expensive sports drinks when you first start endurance training.

  **Energy drinks and sodas** – both contain similarly high amounts of sugar along with vitamins, herbs and proteins. The sugar used is often a simple carbohydrate, easy to digest and absorb but the effect wears off quickly causing a 'crash' in blood sugar levels. Some contain added protein, often described as 'amino acids' (the building blocks of your body). They are included to help muscle recovery but many of the same amino acids are found in semi-skimmed milk!

Hypotonics – there are also sports drinks

which are 'hypotonic'. These contain a less concentrated carbohydrate (sugars) solution (1-3%), which promotes quicker fluid adsorption but provide less carbohydrate energy (calories).

Maintaining your body's fluid balance is important – it helps control your heart rate and energy to 'output'. But until you are trialling for the national team or working out for over 60 mins you don't need specialist sports drinks and can use water or squash (with a very small sprinkle of salt) for rehydration and semi-skimmed milk for replenishing energy in between matches!

Watch out for the difference between 'energy' and 'rehydration' drinks!



TOP TIPS

Avoid coffee & caffeine enriched drinks, they may also contain a range of stimulants & excess sugar

Try adding a little salt to your drinks bottle – and stick to cordial

Semi-skimmed milk is a great recovery drink

Keep a drinks bottle with your warm-up clothes on the touch line & take advantage of any drinks offered

Try not to share bottles – even with your best friend

Check your urine colour is pale straw coloured