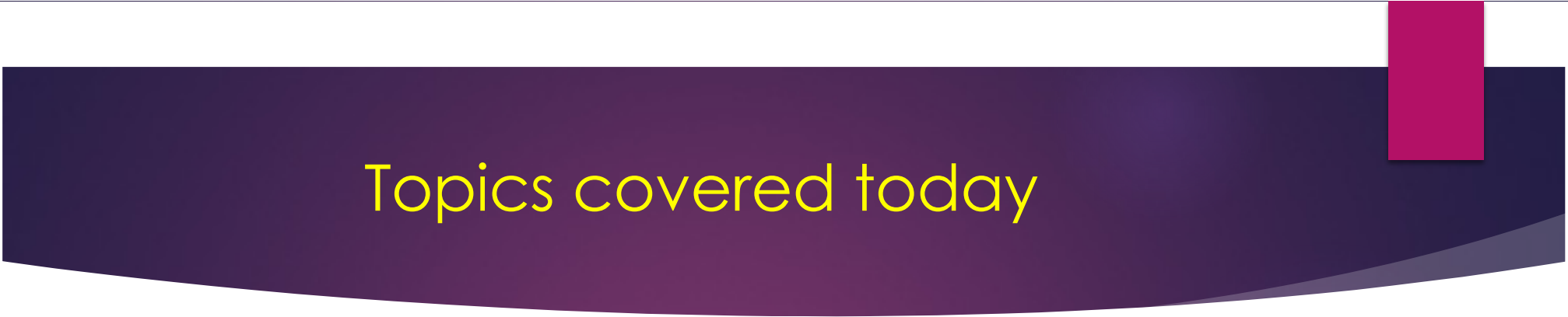




Making the most of food choices

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Topics covered today

- ▶ Why digestive function is the key to optimal health & sports performance
- ▶ How to feed and strengthen your your good gut bacteria
- ▶ The IWO essential nutrients required for transporting all nutrients to where they need to go!
- ▶ Key nutrients required for optimal sports performance
- ▶ Eating before and after training sessions
- ▶ Basic guide on eating at competitions

Optimal digestion & gut bacteria – the key to optimal health & sports performance

Why athletes need well balanced gut bacteria

- ▶ To digest & absorb nutrients
- ▶ For optimal immune function
- ▶ To prevent the invasion of disease causing bacteria and viruses
- ▶ For serotonin production
- ▶ To help make B vitamins and promote energy
- ▶ For weight management

What kills off our good gut bacteria?

- ▶ Processed foods
- ▶ Artificial flavours, colours & sweeteners – lots of package sports foods!
- ▶ Excess processed sugar
- ▶ Vegetable oils
- ▶ Antibiotics & medications
- ▶ Physical stress from exercise & mental stressors (cortisol)
- ▶ A diet LOW in FIBRE

How to feed and strengthen your good gut bacteria?

- Having a diet that is high in a variety of different coloured fibre foods – **Eat the rainbow of real foods!**
- Limiting processed sugars & artificial flavours, colours and preservatives



Coloured fibre rich foods that feed and strengthen your good gut bacteria



- ▶ **Orange foods** – sweet potato, carrots, apricots, orange lentils, pumpkin
- ▶ **Brown foods** – mushrooms, brown lentils, almonds, chickpeas, ground flaxseed, raw cacao
- ▶ **White foods** – garlic, onion, cooked and cooled white potatoes, rolled oats
- ▶ **Green foods** – Broccoli, asparagus, green beans, celery, spinach
- ▶ **Red foods** – raspberries, tomato, strawberries, cherries, red kidney beans, beetroot, apples
- ▶ **Black foods** – black rice, wild rice, black lentils, black beans, blackberries, black olives
- ▶ **Purple foods** – purple carrots, purple cauliflower, purple sweet potato, purple cabbage

Probiotic foods:

-Foods that add more good gut bacteria into your digestive tract 😊

- Plain Greek/natural yoghurt
- Plain coconut yoghurt
- Organic tempeh
- Miso
- Kerfir
- Sauerkraut
- Probiotic supplements



Eating the rainbow doesn't have to be boring



The two key nutrients required for transportation of all nutrients

Water & Omega 3's

Both water & omega 3's transport **ALL** nutrients, electrolytes, extra water and fuel sources into every cell in the body

Omega 3 foods

- Salmon
- Mackerel
- Sardines
- Trout
- Anchovies
- Raw walnuts/ walnut oil
- Hemp seeds/ hemp seed oil
- Chia seeds
- Ground flaxseeds



How to get in more water & omega 3's

WATER & hydration

- ▶ Wake up & have a large glass of water
- ▶ Have a water bottle at school– get through 1 water bottle by lunch & then a second whole water bottle by the end of school
- ▶ ALWAYS have a water bottle at all training sessions - aim to sip throughout the session
- ▶ Finish off the rest of your water bottle after training sessions within 45 mins
- ▶ Get a smoothie in after training or at a snack or bfast to help increase fluid intake

Omega 3's

- ▶ Sneak chia, hemp or flaxseeds seeds into smoothies, yoghurt, smoothies bowls, healthy muffins or banana bread
- ▶ If you like oily fish aim to have this at least once - twice per week!
- ▶ If your not sure about oily fish try salmon and sweet potato patties or swap a tuna pasta bake for salmon pasta bake
- ▶ Dress salads with a mix of olive oil and hemp or walnut or flaxseed oil
- ▶ Snack on dates stuffed with walnuts
- ▶ Chia pudding? –(Fancy Plants brand is good)

Hydration – water & electrolyte intake

- ▶ Water is essential during all exercise
- ▶ For every hour of exercise the body needs 500ml of extra water, this is on top of your daily intake of 1.5 litres!
- ▶ **Any training session that is longer then 75-90mins** both water and electrolyte rehydration is required in training
- ▶ Both water & electrolytes assist with a wide range of chemicals reactions throughout the body
- ▶ Electrolytes regulate the amount of water in the body & delegate where water is distributed to
- ▶ **Magnesium** increases blood flow to muscles which aids in the removal of lactic acid and greatly reduces cramps
- ▶ Low water & electrolyte intake = impaired muscle contractions & performance, slow reaction time, cramps, fatigue
- ▶ On non training days aim for at least 1.5 litres of water

HASTA/ Informed Sports approved good quality electrolyte drink brands

- ▶ **SOS Hydration** - any of their products are fine. BUT these are lower in carbs so you need to get carbs coming in through food for optimal energy!!
- ▶ **True Electrolyte** - again lower in carbs so need food coming in for energy!!
- ▶ **Pro4mance** – produrance endurance electrolyte drink. This has carbs in it so is good for longer training sessions that are 90min or longer



Essential nutrients required for optimal sports performance

- ▶ Carbohydrates
- ▶ Protein
- ▶ Iron
- ▶ Good fats & Essential fatty acids (EFAs)
- ▶ Water and electrolytes



Carbohydrates

Why you need them

- ▶ Main source of fuel during exercise
- ▶ Decreased CHO intake = muscle fatigue & poor performance
- ▶ Glycogen stores need to be replaced after every session
- ▶ CHO carry protein into the muscle post workout & increases protein's ability to repair/ rebuild muscles by 36%
- ▶ CHO lower cortisol levels produced from exercise
- ▶ Support hormone production

Food sources

Fruit	Pasta
Rolled oats	Barley
Dates	Quinoa
Greek yoghurt	White potato
Milk	Sweet potato
Good quality bread/ wraps	Pumpkin
Home-made muffins	Vegetables
Black/ brown rice	Beans
	Legumes

Protein

Why you need it

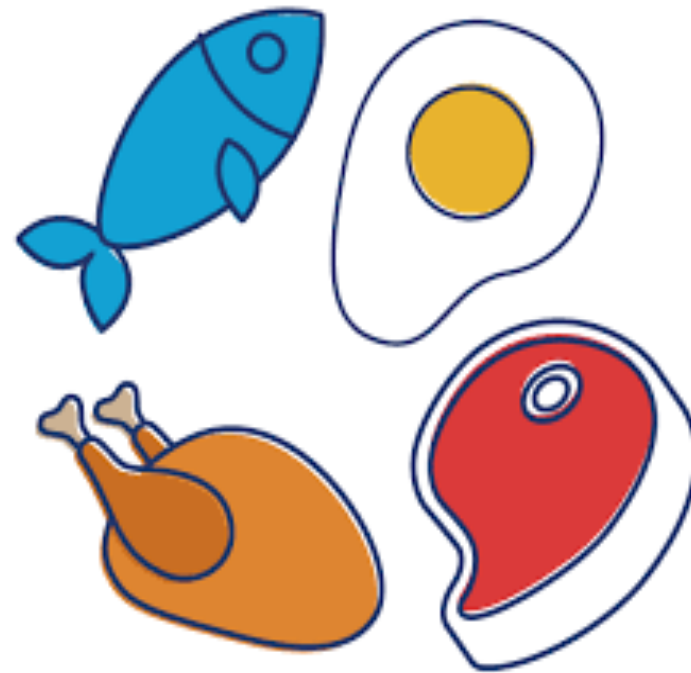
- ▶ Repairs & rebuilds muscle after exercise
- ▶ Required for all chemical reactions throughout the body
- ▶ Promotes sustained energy levels throughout the day
- ▶ Keeps you full ☺
- ▶ Supports optimal immune health
- ▶ Need 1g - 1.2g x athletes kgs per day
- ▶ Needed after every training session

Food sources

- ▶ Grass feed/ free range meat – Lamb, beef, chicken, turkey, pork, fish, salmon
- ▶ Free range eggs, quinoa or organic tempeh.
- ▶ Good quality protein powder.
- ▶ Raw nuts & seeds/ nut butters.
- ▶ Milk, yoghurt & cottage cheese.
- ▶ Lentils, beans and legumes.

Amount of pure protein in common foods

- 120g of Chicken = 28-30g
- 150g beef or lamb = 30-35g
- 150g of Salmon = 25g
- 150g of white fish = 28g
- 2 large eggs = 14g
- 100g of cottage cheese = 18g
- 85g of **cooked quinoa** = 12g
- 1 cup of **Greek yoghurt** = 12g
- 1 glass of whole milk = 10g
- 40g scoop of raw whey protein powder = 30g
- 1 cup of cooked **black beans/chickpeas** = 15g
- 1 cup of cooked **lentils** = 18g



Iron



Why you need it

- ▶ Transport oxygen to all parts of the body
- ▶ Low iron levels are common in athletes and result in low energy and lethargy
- ▶ Hard training load increases red blood cell count which therefore increases iron needs
- ▶ Iron is lost via sweat
- ▶ Iron is vital for optimal immune function

Food sources

- ▶ Grass fed beef, lamb & pork
- ▶ Salmon
- ▶ Lentils & red kidney beans
- ▶ Black rice
- ▶ Parsley & green leafy veggies
- ▶ Cashews and almonds
- ▶ Dried apricots

Good fats



What they do

- Help access glycogen (CHO) stores from muscles
- Essential for hormone development and function
- EFA's - increases blood flow to the muscle which aids in the removal of lactic acid
- EFAs - transports **ALL** nutrients, electrolytes, water and fuel sources into the cells
- Reduces inflammation which reduces recovery time

Food sources

- ▶ Raw nuts and seeds
- ▶ Avocado
- ▶ Milk, Greek yoghurt, cheese & organic grass fed butter
- ▶ Olives & Extra Virgin Olive Oil
- ▶ Coconut products – oil, milk, yoghurt

EFAs:

- ▶ Salmon, trout, mackerel, sardines
- ▶ Hemp seeds/ oil & flax seeds/ oil
- ▶ Walnuts
- ▶ Chia seeds
- ▶ Pumpkin Seeds

Eating before morning training sessions

Why & when you need to

- ▶ Females need to eat before all training sessions!
- ▶ Start practicing eating before morning training sessions now if you don't already, so once you get to higher squads this is already a habit
- ▶ In fasted females - Cortisol levels increase way too much reducing estrogen levels = poor gut function, lowered immunity, hormone disruptions
- ▶ Both males and females need to eat before session that last longer than 75 – 90 mins to maintain optimal levels of CHO for sustained energy
- ▶ Males can start training sessions fasted but must refuel during training if the session goes over 90 mins

Food ideas

- ▶ ½ - 1 banana with/ without 1 tsp of nut/ seed butter
- ▶ 1 slice of sourdough toast spread raw nut or seed butter & a drizzle of Pure Maple or raw honey or sliced banana
- ▶ 1- 2 dates – plain or stuffed with raw nut/seed butter or nuts
- ▶ 1-2 bliss balls/ protein balls (*Home-made or Health Lab brand or Tom and Luke's snack balls*)
- ▶ A Super Hero muffin – see recipe attached in handout
- ▶ ½ - 1 slice of Home-made healthier banana bread
- ▶ Squeezy yoghurt pouch – (see good quality brands in handout)

Recovery Nutrition – this is the most vital time in an athlete's day to get their nutrition correct!

Why you need to eat ASAP after training

- ▶ Food will change the body from a catabolic state (breakdown) into an anabolic state (building)
- ▶ Need to replace used glycogen (energy) stores
- ▶ Need to eat food ASAP to reduce cortisol levels for optimal immune, good gut bacteria function and for iron absorption
- ▶ Focus on mainly carbohydrates and protein food sources
- ▶ Females need to eat within 30 minutes of finishing training & males within 45 minutes
- ▶ Females need more on protein after training than males, because of higher levels of progesterone
- ▶ Need to replace fluid and lost electrolyte

Post training food ideas

- ▶ Eggs, sourdough toast with some tomato/ avocado / goats cheese
- ▶ Leftovers from last night's dinner
- ▶ A smoothie (see example recipes in handout)
- ▶ Squeezy yoghurt pouch – Tamar valley kids, Jalna pouch of purity
- ▶ A slice of sourdough toast with raw nut/seed butter and sliced banana
- ▶ A slice of sourdough toast with vegemite & avocado with a smoothie
- ▶ Greek yoghurt, muesli/granola and fruit
- ▶ Large handful of trail mix -almonds, cashews, pumpkin seeds, dried cherries/dates/apricots and some dark chocolate drops
- ▶ A super hero muffin – see recipe in handout
- ▶ A breakfast, lunch or dinner meal
- ▶ 1-2 bliss balls (Home-made or see brands in handout)
- ▶ Home-made muesli bar or a Carmen's or Red tractor muesli bar

Key nutrients & foods to build a balanced meal

FIBRE rich carbs

- A mix of colourful veggies
- Fresh fruit
- Brown, red, black or wild rice
- Quinoa
- Legumes – lentils, chickpeas, beans
- Rye sourdough/spelt bread
- Traditional rolled oats
- Barley, Freekeh, amaranth buckwheat
- Raw nuts & seeds

PROTEIN

- Grass fed beef or lamb
- Free range chicken, turkey
- White fish or oily fish
- Free range eggs
- Organic tempeh
- Legumes – lentils, chickpeas, beans
- Raw nuts & seeds & nut/seed butters
- Plain natural/Greek yoghurt
- Plain cottage cheese

GOOD FATS

- Oily fish – salmon, mackerel, trout, sardines
- Avocado
- Extra virgin olive oil
- Olives
- Hemp seeds/hemp seed oil
- Cold pressed coconut oil or plain coconut milk/yoghurt
- Plain Greek/natural yoghurt
- Feta or goats cheese
- Grass fed butter/ghee
- Raw nut/seed butters

Basic meal and snack ideas that support good gut bacteria & optimal energy!

- ▶ Overnight oat recipes – (good at breakfast/a snack/after training – see recipes)
- ▶ Healthy pancakes with Greek yoghurt, berries & pure maple syrup (see recipes)
- ▶ Full fat plain Greek yoghurt with some pure maple/ raw honey, home-made or Carmen's muesli, berries and raw pumpkin seeds (breakfast/ snack/ after training)
- ▶ Super hero muffins (snack or before AM or PM training – see recipe)
- ▶ Rainbow veggie & meat stir-fry serve with black or brown rice (dinner/ lunch)
- ▶ Beef and kidney bean patties with veggies/ salad (lunch or dinner)
- ▶ Spag Bolognese with legume based pasta – see recipe (Lunch or dinner – see recipe)



Eating at competitions

- Whenever you exit the water you have used up some stored carbohydrate energy, so you need to replace this lost carbs every time you get out of the water so you can then go into your next race with 100% energy ready to go!
- You want to make sure you snack on good quality snack options each time you get out of the pool – this includes after warm up!
- Water bottle – please make sure that you and your water bottle become best friends at competitions! Have it with you at all times and sip on it regularly

SNACKS TO HAVE AT COMPS:

- ▶ Sip on water & electrolyte drink throughout the comp
- ▶ Mountain bread wraps/sourdough rolls - filled with salad and good quality ham or turkey OR sliced banana & raw nut butter/ raw honey
- ▶ Fresh fruit OR 1-2 dates (plain or stuffed with nut butter) OR trail mix with dried apricots or dried figs
- ▶ Veggie sticks, brown rice crackers and dips
- ▶ Rice or pasta with veggies and cheese
- ▶ Bliss/protein balls/raw food bars or Carmen's/ Barley +/- Emma & Tom's muesli bars (tasti or Tom & Lukes brands are great)
- ▶ Home-made muffin or oat cookies – see recipes in handout
- ▶ Spring Energy Gels
- ▶ Tamara valley kids squeeze yoghurts (if tolerated)

What NOT to eat during a competition

- ▶ Soft drink or energy drinks!
- ▶ Lollies or chocolate
- ▶ Hot chips
- ▶ Meat pies and hot dogs
- ▶ Donuts, processed desserts/ pastries
- ▶ Ice-cream
- ▶ **Don't eat nothing at all** –you need food to keep your glycogen (CHO) stores up throughout the whole comp!

Summary – what to start working on now!

- ▶ 1st step (digest & absorb) = Eat the rainbow to start feeding & supporting your good gut bacteria & digestion
- ▶ 2nd step (nutrient transportation train) = Increase daily water and omega 3's
- ▶ Practice eating before all training session – now is the time to start!
- ▶ Get your recovery nutrition and timing correct
- ▶ Eat the rainbow 😊
- ▶ Take your water bottle with you everywhere to help get your water intake up



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- ▶ Please visit the link above to download this power point presentation and handout
- ▶ Thanks for tuning in 😊

