



PERFORMANCE NUTRITION

Keeley Branson | Sports Dietitian

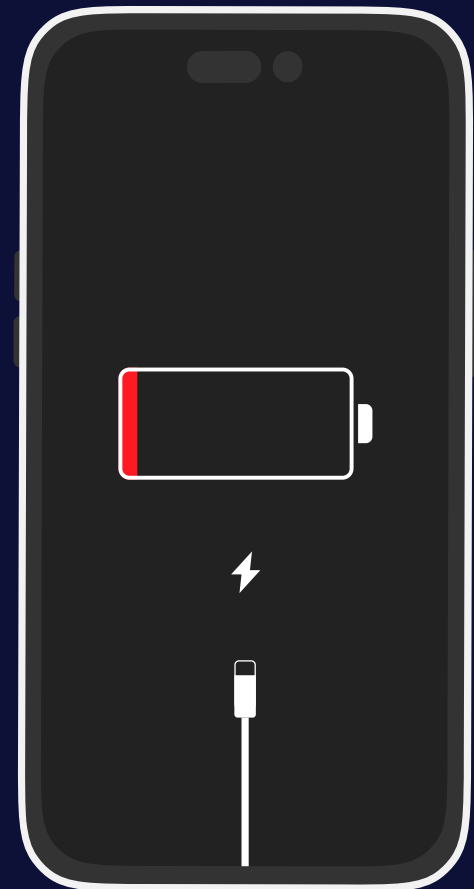
OVERVIEW

- **Why Fuel?**
- **Risks of Underfuelling**
- **Meal TAG**
- **Lunch Box**
- **Event Day Tips**

WHY IS IT IMPORTANT?

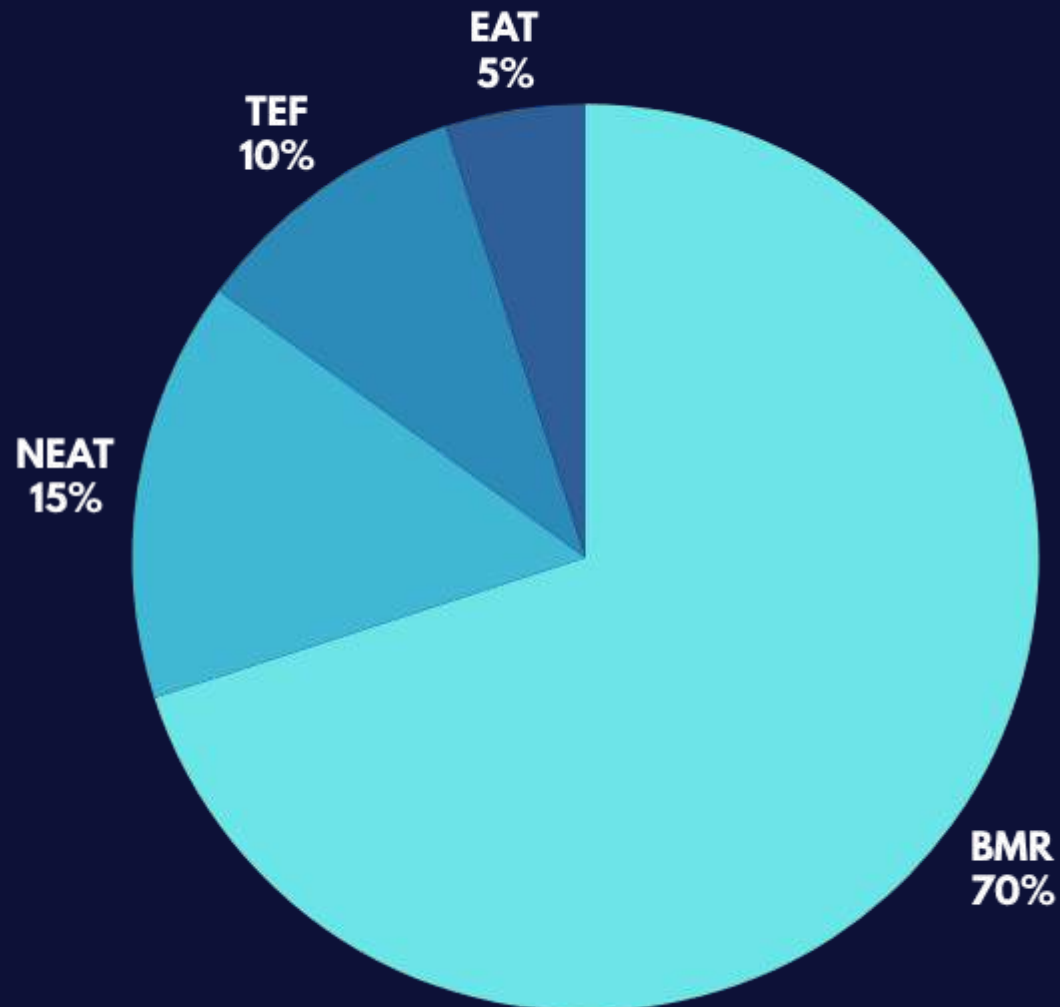
You can't expect your
phone to work for hours on
10% battery

Food charges your body so
you can train hard.



TDEE

Energy Demands for Life and Exercise



IMPORTANCE OF FUELLING

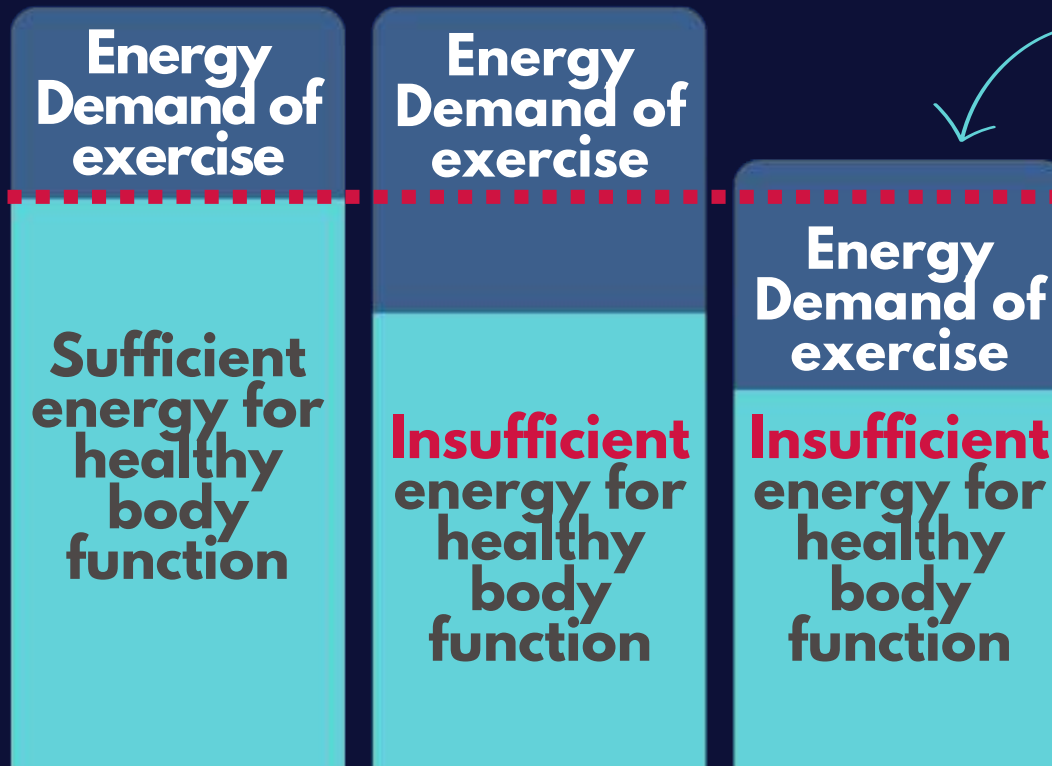


LOW ENERGY AVAILABILITY

Energy Demands for Life and Exercise

Energy
required
for lifes
processes

Under-
eating

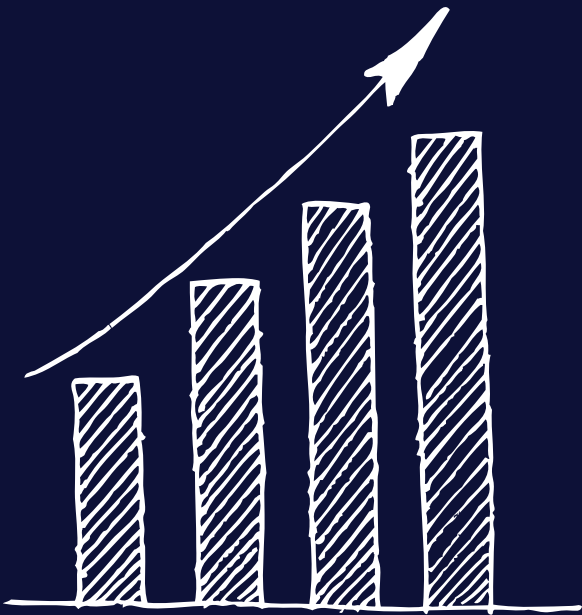


RED-S



ARE YOU EATING ENOUGH?

Check your signs and symptoms, ask yourself if you are performing well and feeling energised.



Check your growth and development charts. Assess your height and BMI trends



HOW TO EAT ENOUGH TO PERFORM

T: TIMING

A: ADEQUACY

G: GOAL ORIENTED

A vintage-style alarm clock with a black body and two silver bells is centered on a white ceramic plate. To the left of the clock is a silver fork, and to the right is a silver knife. The entire set is placed on a teal-colored wooden surface. The word "TIMING" is written in large, white, bold, sans-serif capital letters across the center of the clock's face.

TIMING

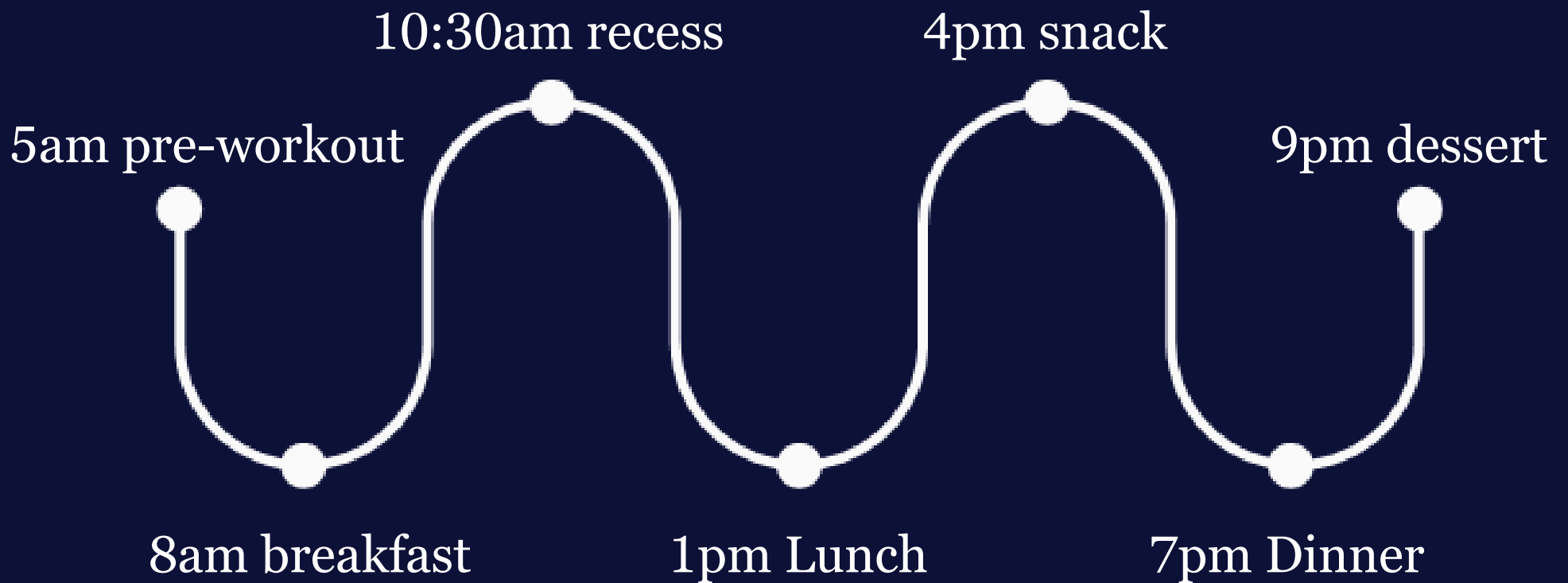
TIMING



Aim to eat every 2-4 hours
totalling at least 3 meals +
2-4 snacks per day



If you are hungry, eat.
Avoid becoming over
hungry and over eating





ADEQUACY

TOTAL DAILY

Activity	CHO Target (g/kg/day)
Daily needs for fuel and recovery*	
Low intensity or skill-based activities	3-5
Moderate exercise program (i.e. ~1 h per day)	5-7
Endurance program (i.e. 1-3 h per day of moderate- to high-intensity exercise)	6-10
Extreme commitment (i.e. > 4-5 h per day of moderate- to high-intensity exercise)	8-12

Total intake depends on total energy needs and energy demands of activity.

TOTAL DAILY



360g = 24
slices of
bread!

TOTAL DAILY

Athletes have the highest protein requirements.

1.3-1.8g / kg

add and extra 0.2g/kg if vegan/vegetarian

IRON

14-18 years

Boys: 11mg

Girls: 15mg

19-50 years

8mg

18mg



Important for feeling energised, giving muscles oxygen, physical growth and functioning



IRON



CALCIUM

Boys and girls need 1300mg a day
Important for strong bones, muscles, nervous
system and heart health



220g



1 cup



2/3 cup



1 cup



40g

HARD TRAINING:

FATS

2-3 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



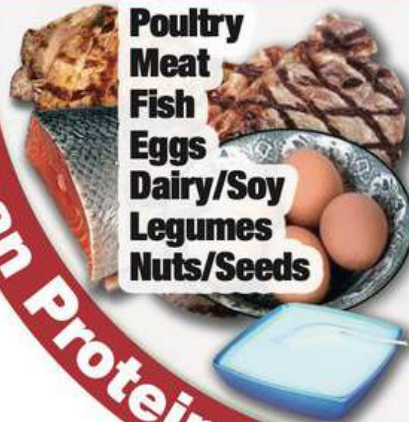
Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



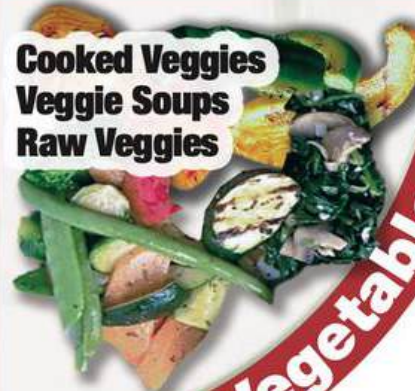
Coffee
Tea

Lean Protein

Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



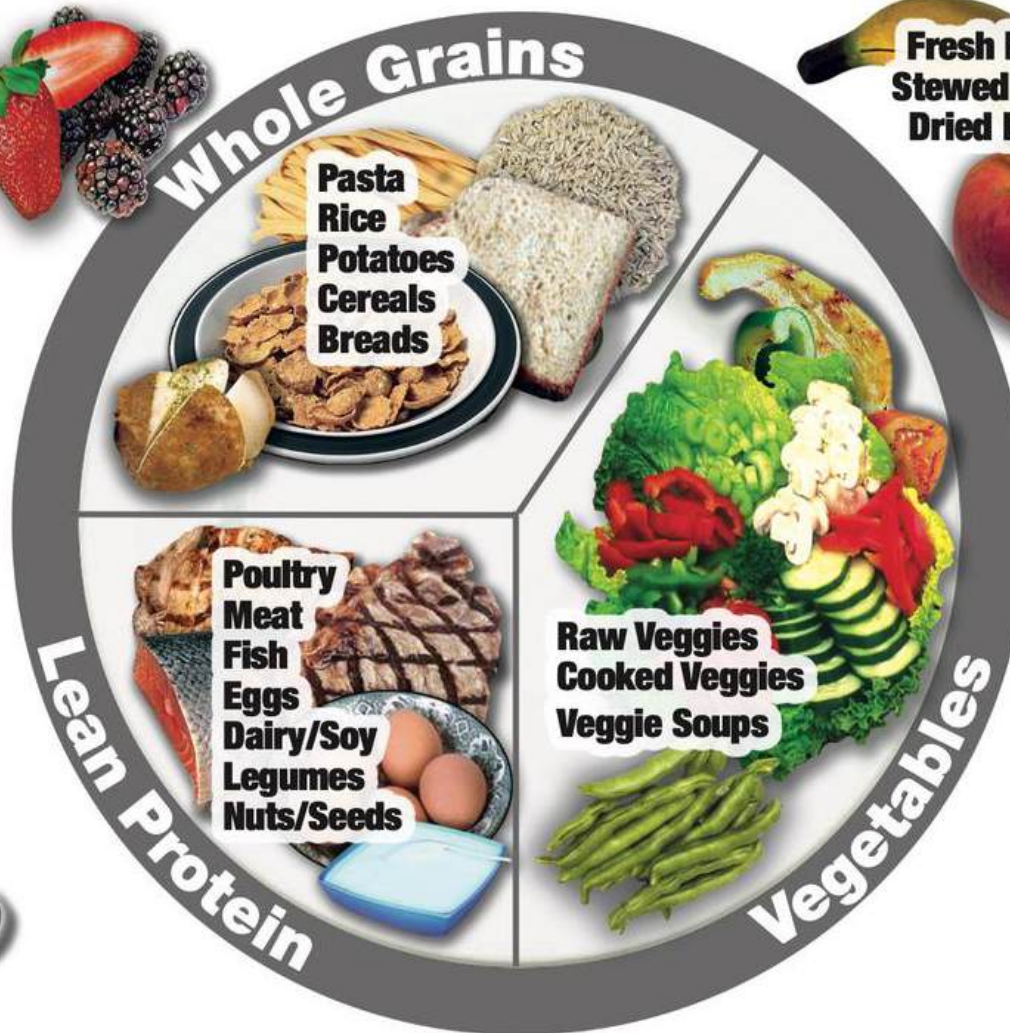
MODERATE TRAINING:

FATS

1-2 Tablespoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



FUELLING UP

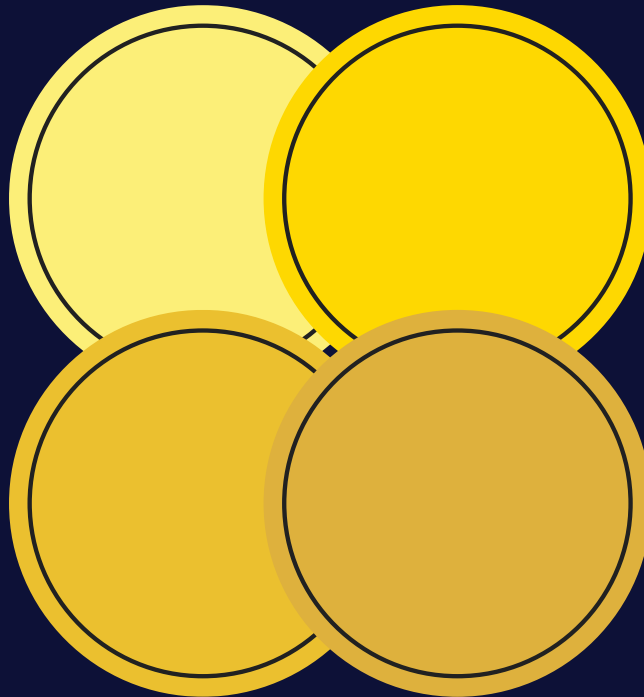
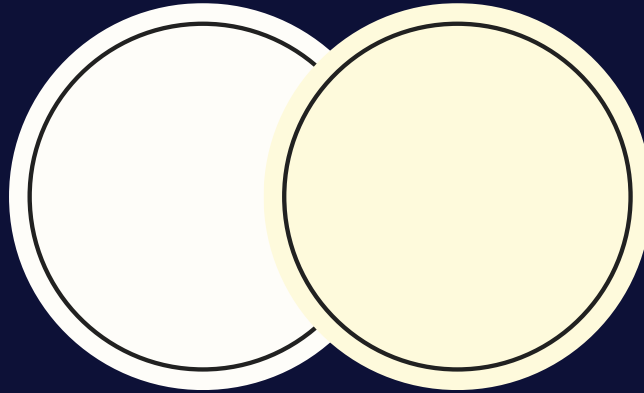


SWEETS AND TREATS

Can be used to fill the gaps in energy needs



HYDRATION





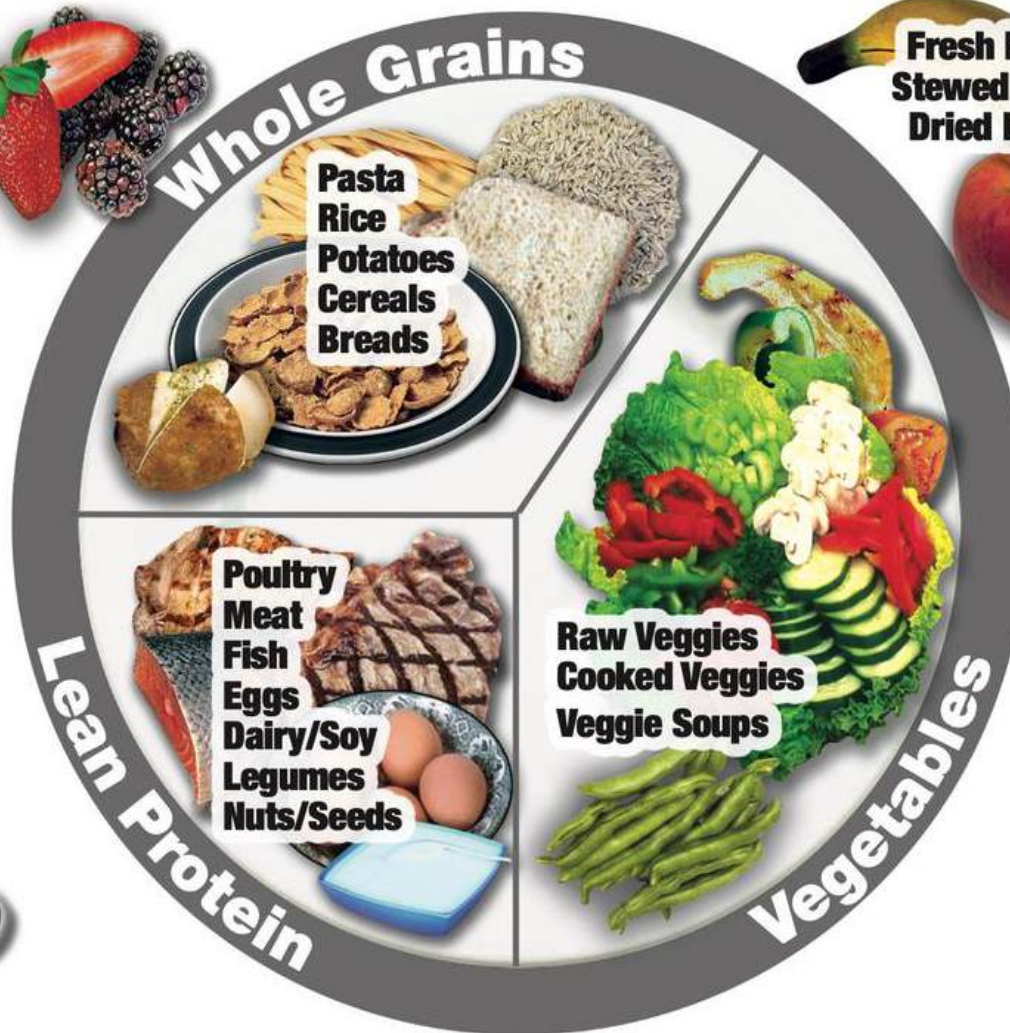
MODERATE TRAINING:

FATS

1-2 Tablespoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



PRE-WORKOUT

GOAL: fast releasing energy
High in easy, fast acting carbohydrates
Low in fibre, protein and fats



30-45mins



45mins



45-60mins

POST-WORKOUT

GOAL: Recover, Replenish, Rehydrate
Combined carbohydrates, protein and fluids.
Moderate fibre and fats.



CARB LOADING

GOAL: Maximise glycogen stores pre event
High carbohydrate intake (8-12 x BW) for 1-3 days
Lower fibre intake



EVENT DAY

- Eat foods you are familiar with
- High carb, low fibre.
- Small snacks between events*
- Drinks are your friend! Hydrate + nutrition





FUELLED VS UNDERFUELLED

PRE- TRAINING



BREAKFAST



RECESS



LUNCH



AFTER SCHOOL



DINNER



COMPARISON





LUNCH BOX PRIORITIES

- ✓ Include all the food groups, have carbs, protein, fats and fibre.
- ✓ Aim for a variety of colours.
- ✓ Packaged foods can be great for easy transport and safe storage.
- ✓ Add extra snacks and sweets on high activity days

SUPPLEMENTS



- Ineffective for teens/adolescence
- Not a shortcut from proper training routine
- Not a replacement for following performance nutrition
- Over-emphasise supplements ability to improve performance over individual efforts
- Harmful when taken incorrectly



- Creatine is found safe for elite level athletes over age of 16 who;
 - get parental permission
 - adhere to effective training and nutrition plan
 - follow sleep and recovery guidelines
 - chooses high quality safe brand, with safe dosages



For personalised dietary support
to fuel your performance come see
me at Thrive Sports Medicine!

@keeley_thedietitian