ANGELIQUE PANAGOS nutritional therapist

Protein Carbohydrates **Essential Fatty Acid** Pumpkin seeds/oil Tofu/Tempeh Quinoa Soy Milk Millet Linseed/flax seeds/oil **Beans** Oats Walnuts Rapeseed oil Lentils Barley Nuts **Potatoes** Salmon Seeds Yam Mackerel **Quinoa** Wholegrain bread Tuna Seitan Sardines Brown rice Wholegrain pasta Sunflower seeds/oil Beef Sesame seeds/oil Fruit Lamb Vegetables Cashew nuts Chicken **Brazil** nuts Fish **Almonds** Pork Pine nuts Game Olives/Oil Avocado <u>Calciu</u>m Iron Nuts Nuts Seeds Seeds **Pulses Pulses** Look at these different food Dried fruit, Figs (dried), Sea vegetables Sea vegetables groups that can enhance **Parsley** Fortified soy/ grain milks your performance during Green leafy vegetables Molasses Molasses Green leafy vegetables training Meat Broccoli Eggs Dairy Liver Seafood Carbohydrates maintain blood glucose levels during **B12 Hydration** exercise and replace muscle glycogen Sea vegetables (dulse, Water (2lts) Protein requirements Isotonic sports drinks kelp, chlorella, spirulina slightly increase in highly active people, important for Herbal Teas and nori) muscle repair, recovery and Make your own Foods fortified with B12 Isotonic sports drink -(including some plant Fat should not be restricted 200ml of orange milks, some soy as it helps you absorb squash (concentrated vitamins absorb A,D,E,K, products, and some orange), 1 litre of water and delivers H2O & breakfast cereals) and a pinch of salt nutrients (1g). Mix all the Brewer's yeast Athletes at risk of ingredients together Milk micronutrient deficiencies and keep chilled Meat are those who restrict food Do not drink all the



Fish

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 Dehydration decreases exercise performance fluid required at once

groups.

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Pre - Training Meal

- 2 4hrs before training
- 400 600ml fluid
- Low GI but relatively high in carbohydrate to maximize maintenance of blood glucose
- E.g. Porridge or muesli w banana or pasta or rice w a tomato based sauce. jacket potato with beans or beans on toast or wholegrain cereal w milk or yoghurt

Pre- Training Snack

- 30mins before training
- 150ml 250ml fluid
- Composed of foods familiar and well tolerated by the athlete.
- Fresh fruit, a small carbohydrate snack such as a banana or carbohydrate gel or a shake or isotonic sports drink

During-Training

- 1 hour and over training
- 150ml 350ml of fluid every 15 -20mins
- 30-60 grams of carbs/ hour
- *E.g. Isotonic drink or a carbohydrate gel

Post - Training Snack

- 30 45min after training or marathon
- *500ml fluid
- Replenish glycogen the most effectively within 30 minutes after exercising.
- Simple carbohydrate with protein
- *E.g. Protein/carb shake, yoghurt drink, smoothie, sports bar

Within 2 hours after

training or marathon

Post - Training meal

- 750ml fluids
- Mixed meal providing carbohydrates, protein, and fat.
- *E.g. Pasta w tomato sauce, grilled fish and salad, jacket potato & beans/chicken, Veg lasagne w salad. grilled fish w baked

The Day before

- Top up muscle glycogen levels with complex carbohydrates
- Ensure you are well hydrated
- Rest well
- Even if you experience pre-event nerves do not skip your evening meal
- Eat foods familiar and well tolerated

On the Day

Keep well hydrated

Nutrient Timings

(what to eat when)

- Top up liver/muscle glycogen stores *Keep hunger at bay
- Do not skip breakfast, get up earlier to ensure enough time for preevent breakfast
- Eat foods familiar and well tolerated
- Maintain blood sugar levels w drinks & gel packs
- Enjoy the day ©

Hydration

- Water
- Isotonic sports drinks
- Herbal Teas Make your own Isotonic sports drink -200ml of orange squash (concentrated orange), 1 litre of water and a pinch of salt (1g). Mix all the ingredients together and keep chilled Do not drink all the

fluid required at once during each timing



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