



Training Nutrition

Focusing on what we eat can make the world of difference to how well we do in triathlon

Eating the right foods can mean more energy, so we can go faster and for longer, and better concentration levels, so we can improve our technique and decrease the risk of injury.

Getting on the right track!

- Include a wide variety of foods from all five food groups every day so that you receive lots of different nutrients including carbohydrates, protein, iron and calcium
- Carbohydrates are **the** fuel for sport. Carbohydrates are in breads and cereals, rice, pasta, fruit, legumes, milk, yoghurt and starchy veg. It is vital to include a wide variety of high carb foods in your everyday nutrition plan.
- Protein is necessary for muscle building and is found in lean meats, dairy, fish, nuts, legumes and meat alternatives. Aim to include ~150g of lean meat or meat alternatives every day.
- We all know that a high fat intake leads to unwanted gains in weight but for athletes it also means that we may miss out on nutrient rich foods. High fat foods such as a sausage roll or a chocolate bar are not “bad” foods and should not be banned. Think of them as “sometimes” foods, enjoy them about once per week, and aim to include more nutrient rich foods daily.
- Drink up! Staying hydrated means a better training session and better performance. Aim to have 2-3 litres daily, outside training time, and ~750ml/hr in training time to assist with replacing sweat losses.

Getting confused with the numbers?

nutrition works are happy to provide personalized training nutrition plans and one on one sports nutrition education.

Just ring the most convenient clinic to book an appointment.



Top up for Training and Finish Strong!

- Include a high carb, low fat snack ~1-2 hours prior to training to make sure you have enough fuel to get you through training. Don't rely on lunch for a 4pm training session! As a guide: 1-2 g carbohydrate/kg body weight.
- Liquids may work best for early morning training sessions as they may be drunk just prior to training commencing.
- There are so many good snacks available-these are just a few. Try them out to see what best suits you.
 - Piece of fruit and 200g tub low fat fruit yoghurt
 - 2 slices fruit bread
 - 220g tin low fat creamed rice
 - 1 serve of Sustagen Sport
 - ½ cup baked beans or tinned spaghetti on 1-2 slices bread
- A recovery snack within 15-30 minutes of finishing exercise makes all the difference! *Refuel* depleted energy stores, *rehydrate* and *repair* muscle damage. As a guide: 1 – 1.5g carbohydrate/kg body weight.

Need a quick, healthy dinner? Some Healthy Takeaways are

- ◇ Chicken Kebab with non creamy sauce
- ◇ Red Rooster Skinfree Baguette
- ◇ Subway 6% fat subs
- ◇ Nando's Pita Pocket or Supremo Burger, spicy rice, corn cob or salad
- ◇ Sushi
- ◇ Japanese – skinless teriyaki chicken and steamed rice with salad
- ◇ Wokinabox – Wok Paks with Rice – Chicken with Chilli and Basil, Sweet Chilli or Teriyaki Chicken or Beef with Oyster sauce
- ◇ Sumo Salad: Thai Beef, Vietnamese chicken, Spicy Prawn, Chickpeas with Roast Pumpkin, Pumpkin and cous cous, Rice Paper rolls, All soups and Beetroot and Balsamic salad

For more info check out www.sportsdietitians.com or contact [nutrition works](http://nutritionworks.com.au), details below