

# Healthy Eating Advice for Athletes

Lorna Breeze

Registered Dietitian



# Topics

- What is a Dietitian?
- Myth Busting
- The Eat Well Guide
- Healthy Eating for the General Population
- Healthy Eating for Athletes
- Basics of Sports Nutrition
- Fluids
- Energy Balance
- Meal Ideas

# What is a Dietitian?

“Dietitians are the only nutrition professionals to be regulated by law and are therefore the most credible source of food and nutrition advice.”

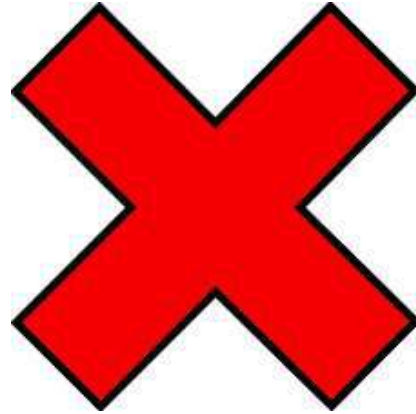
# True or False

“Fruit juice counts towards my 5-a-day”



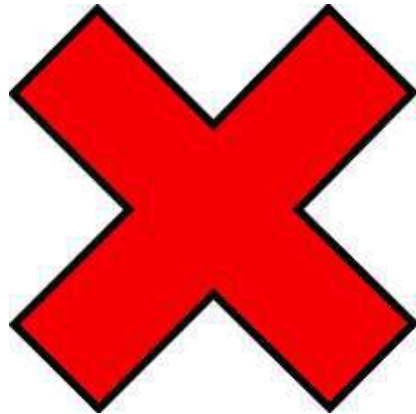
- Only 1 x 150ml portion counts towards your 5-a-day
- Juicing releases sugar from the cells of the fruits, meaning you drink an increased concentration of sugar

“Eating clean and healthy eating mean the same thing”



- What clean eating means is not very clear
- There are extreme versions of clean eating with rigid restrictions

“We should only have 2 portions of fruit per day, the rest should be made up with vegetables”



- A variety of fruit and vegetables is best
- Eat the rainbow
- No specific recommendations in ratio of fruit to vegetables
- 1 banana contains less sugar than a small chocolate bar and half of the calories and is higher in fibre so will fill you up for longer

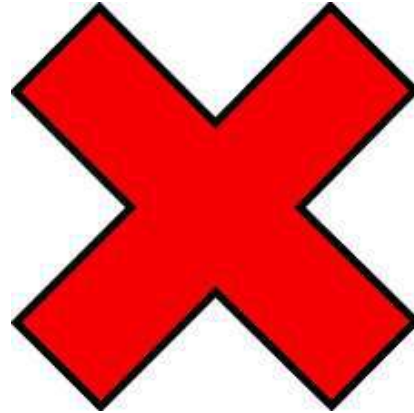
“Treats should be included as part of a healthy,  
balanced diet”



- Yes, everything should be about balance and moderation



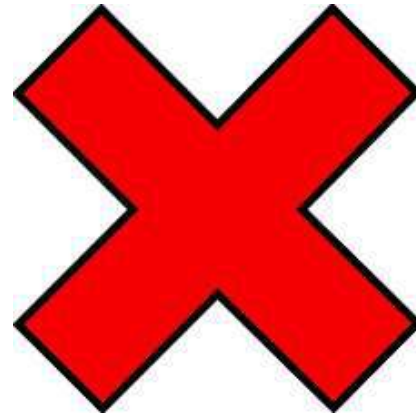
“It is bad for you to eat past 8pm”



- It doesn't matter when you eat!
- Easier for your digestive system to not have too heavy of a meal prior to bed



“Always fry in coconut oil”



- No, coconut oil is a saturated fat
- Health fad rather than any expert evidence to support its health claims

# Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1046kJ 249kcal	Fat 5g	Saturated fat 1.3g	Salt 3.9g	Sugar 0.9g
12.5%	7%	6.5%	78%	19%

of an adult's reference intake  
Typical values (as sold) per 100g: 887kJ/ 167kcal

Choose foods lower in fat, salt and sugars

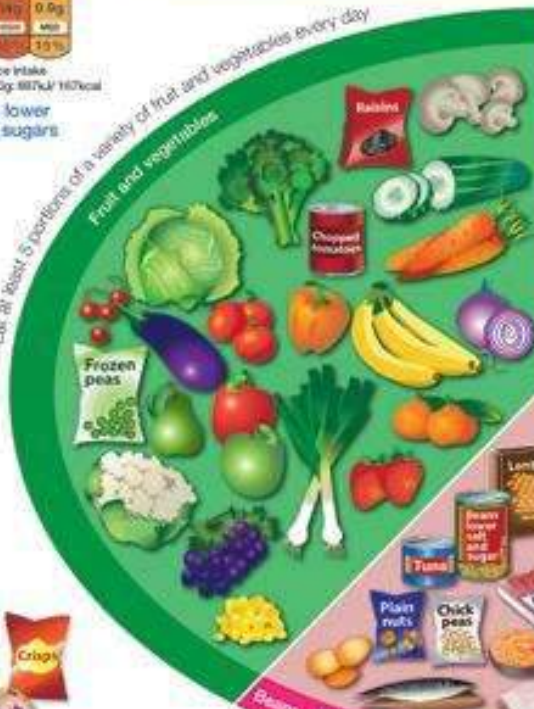
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre varieties with less added fat, salt and sugar  
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Fruit & Vegetables



- 5 (+) per day
- Eat the rainbow
- Vitamins and minerals
- Fibre
- Fresh, frozen, dried, tinned (in water or own juice)
- 150ml fruit juice

# Carbohydrates

- 7(+) portions per day
- Starchy foods
- Most of our daily energy especially for athletes
- Aim for high fibre options
- Vitamins and minerals



# Dairy



- 3 portions per day
- Calcium and bone health
- If using for non dairy options opt for fortified versions
- Good source of energy and protein
- Swimming is a low impact sport, need to be aware of bone health

# Protein



- 3 (+)
- Vitamins and minerals
- Less processed meats
- Red meat under 70g per day
- Athletes generally need an increased amount of protein compared to the general population

# Oils, fats and spreads



- Reduce saturated fats
- Unsaturated oils e.g. rapeseed, olive or sunflower oils are healthier choices than saturated fats
- Swapping butter for lower fat unsaturated fat spreads is a way to reduce your saturated fat intake

# Less Often and in Small Amounts



- Occasionally and in small amounts
- For athletes this may be a bigger source of quick energy than most



# Hydration



- Water, milk, sugar free squash
- Generally aim to have the equivalent of 6-8 glasses of fluid a day, **for athletes this is much higher**
- Limit fruit juice and/or smoothies to a total of 150ml a day.

# Eatwell Guide

Check the label on packaged foods

Each serving contains				
Energy	Fat	Saturated fat	Salt	Sugar
100kcal	5g	1.3g	0.3g	0.5g
200kcal	10g	2.6g	0.6g	1.0g
12.5%	2%	0.3%	0.3%	1%

of an adult's reference intake  
Typical values (as sold) per 100g: 887kcal/ 167kcal

Choose foods lower in fat, salt and sugars

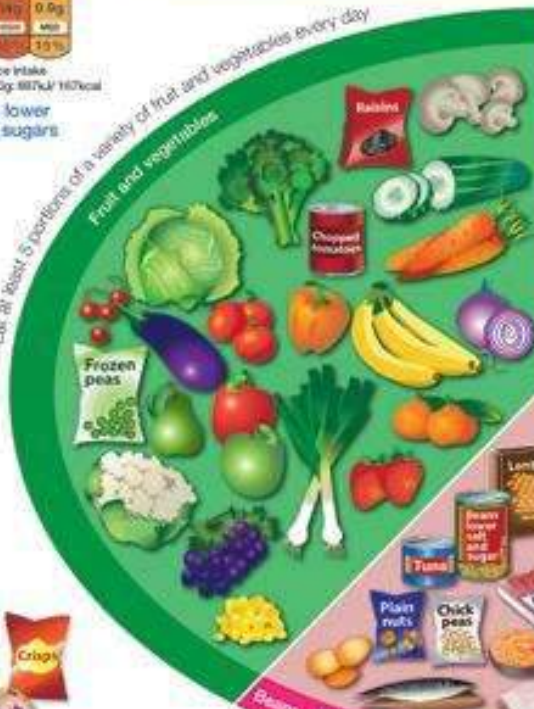
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# Food Labelling Guidelines

**FOOD LABEL DECODER**  
ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
<b>LOW</b> HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
<b>MEDIUM</b> OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
<b>HIGH</b> JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

# Basic Principles of Sports Nutrition

- **Five goals of sport nutrition**
- **1. Mix it up** – Eat a varied and well-balanced diet that supplies the right amount of energy and essential nutrients.
- **2. Fuel right** – Choose a variety of food including foods that contain carbohydrates based on the amount of exercise
- **3. Strive for five** – Eat at least five portions of fruit and vegetables a day; fresh, frozen, dried, canned all count.
- **4. Refuel** – If you need to recover quickly then start refueling with carbohydrate foods and fluids as soon as possible after exercise
- **5. Think fluid** – Ensure you are well-hydrated by drinking throughout the day as well as before, during and after exercise, as appropriate.

# Carbohydrates



- Regular meal pattern is important
- Muscles require carbohydrates to function to full effect – the amount will depend on the amount of exercise and dietary goals
- Carbohydrate is stored in muscles as glycogen. The body's stores of glycogen are limited and need to be topped up each day, particularly if you are exercising each day or exercising at a high intensity
- Food and fluids are equally as important to optimise performance and recovery
- High carbohydrate, low fat snack 2-3hours pre exercise
- 0-30minutes post exercise, repeat

# 50g Carbohydrate Meal/Snack Ideas

<b>2 medium- large bananas</b>	<b>15 dried apricots</b>
<b>800ml isotonic sports drink</b>	<b>2 slices thick sliced bread</b>
<b>500ml fruit juice</b>	<b>1 large bowl (60g) breakfast cereal</b>
<b>2 carbohydrate gels</b>	<b>150-160g cooked pasta/rice</b>
<b>3 (25g) cereal bars</b>	<b>1 large potato ( 250g)</b>

Example: 50kg athlete training 2+ hours per day requires 400-500g Carbohydrate per day

# Protein?!



- Building and repairing muscle
- Endurance athletes have slightly elevated requirements compared to the general population
- A healthy diet will provide enough protein to meet any increased requirements
- Studies show that the addition of 15-25g of protein to a post-workout meal or snack can boost glycogen storage, reduce muscle soreness and promote muscle repair
- Carbohydrates and protein are both important
- Variety of protein rich foods
- Example: 50kg athlete requires = 60-85g protein

# 20g Protein Meal/Snack Ideas

Food	Portion
Beef, lamb, pork (cooked weight)	2 medium slices (75g)
Chicken (cooked weight)	1 small breast (75g)
Fish (grilled)	1 medium fillet/steak (100g)
Tuna/salmon (tinned)	1 small can (100g)
Semi-skimmed milk	1 pint (600ml)
Low-fat cottage cheese	half a 300g pot (150g)
Low fat yoghurt	200g pots
Eggs	3 medium eggs
Baked beans	1 large can (400g)
Unsalted nuts or seeds	2 handfuls (100g)
Quorn mince	6 ½ tablespoons (165g)



# Fluids



- Pre/during/post training very important!
- Assess hydration status
- Type of fluid depends on: intensity, duration of exercise and your training goals.
- In general:
- Low to moderate intensity exercise that lasts less than an hour  
**= Water**
- Moderate to hard sessions that last longer than an 1 hour i.e. when sweat losses are greater  
**= Isotonic sports drinks or a home-made sports drink (200ml squash [not low calorie], 800ml water and a large pinch of salt)**



**CALORIES  
CONSUMED**

**CALORIES  
BURNED**

Carbohydrates



Proteins



Fruit &  
Vegetables



Healthy  
Fats & oils

Dairy

Fats &  
Sugars

# Breakfast Ideas

- Cereal with milk and fruit (dried or fresh)
- Toast with peanut butter and banana
- 2x Boiled egg on 2 x slices toast
- Granola/museli , yoghurt and fruit
- Bagel with peanut butter and banana
- Omelettes

# Snack Ideas

- Choose from the four main food groups: Carbohydrates, Fruit & Vegetables, Protein & Dairy Foods
- Fruit & Vegetables
  - carrot, cucumber or celery sticks with cottage cheese/low fat dips
  - grapes, or chopped melon or pineapple (tinned or fresh)
  - Pre portioned dried fruits
- Carbohydrates
  - plain or fruit scone
  - small bowl of wholegrain cereal with semi skimmed milk
  - a half sandwich or slice of toast with sliced banana and a little honey
  - handful of rice crackers or a rice cake
  - half a bagel with low-fat cheese spread
  - a hot-cross bun

- Dairy
  - low-fat yoghurt or fromage frais
  - low-calorie hot chocolate made with semi skimmed milk
  - cottage cheese and plain crackers
  - fruit smoothie made with semi skimmed milk
- Protein
  - a small handful of nuts
  - a boiled egg
  - a tablespoon of nut and seed mix on top of low-fat yoghurt
  - hummus (look for lower-fat versions) with carrot and celery sticks

# Example Day

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
Day 1	Porridge made with low fat milk and fruit	Baked potato with tuna mayo and salad	Wholemeal pasta with chicken and vegetables in low fat creme fraiche sauce	Vegetable sticks with dips Yoghurt Malt loaf
Day 2	Wholegrain toast with peanut butter and banana 150ml fruit juice	Chicken and salad wholemeal sandwich/wrap	Salmon with boiled new potatoes and vegetables	Baked beans on wholemeal toast Handful of nuts Low fat milk
Day 3	2 slices of wholemeal bread with scrambled egg and vegetables	Lentil and vegetable soup with wholemeal roll	Stir fry with wholemeal noodles, chicken and prawns with mixed vegetables	Oatcakes with peanut butter/ cheese spread

# Supplements?

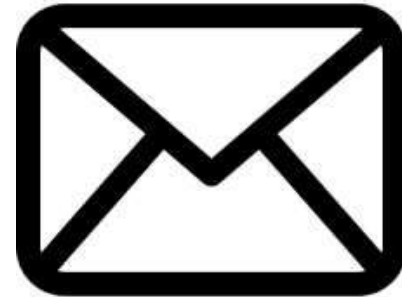
- A health balanced diet should meet most peoples nutritional requirements
- Some people find protein powders are easier to utilise after training
- High protein foods would be a better alternative and include vitamins and minerals
- E.g. Whey protein shake = 20g protein = half a chicken breast or small can of tuna
- ? Long term health risks
- Vitamin D





# Contact Details

- Twitter - @LornaEBreezeRD
- Instagram - @makinghealthabreeze
- Email – lbreeze27@Hotmail.com



# Useful Links & Resources

- British Heart Foundation
- NHS Choices
- BBC Good Food – Recipes
- British Dietetic Association
- Tesco Recipes

Thank you for  
listening.

Any Questions?