

# Eat to Excel

Regional Nutrition Talk

Name  
Job Title



# Objectives for today

- What types of food are in different food groups
- When food groups are useful
- What food groups make up a suitable meal for a swimmer
- What snacks are best to have post training

What are the five food groups?

# Food Groups

**Carbohydrate**



**Protein**



**Fats**



**Dairy / Dairy Alternatives**



**Fruit, Vegetables and Salad**

# Eatwell Guide

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.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

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

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Rice

Spaghetti



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 less often and in small amounts

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

Tuna

Beans lower salt and sugar

Lentils

Plain nuts

Chick peas

Lean mince

Low fat milk

Semi-skimmed milk

Soya drink

High Low Fat Yogurt



Oil & spreads

Choose unsaturated oils and use in small amounts

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

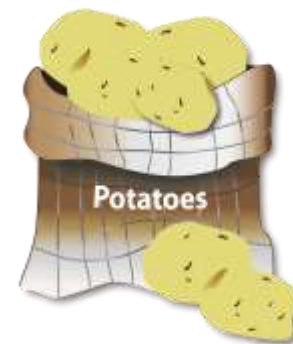
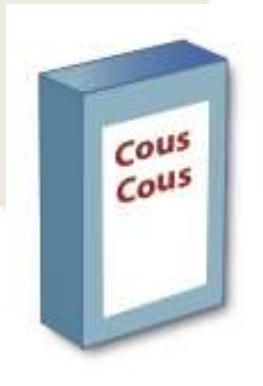
# What are they used for: Carbohydrates

- Provide energy for:
  - Growth
  - Brain function – thinking
  - Central nervous system
  - Red blood cells
  - Immune function
  - Exercise
- The body stores enough carbohydrate for approximately 90 minutes of exercise
- Also add fibre to your diet



# Where should they come from: Carbohydrates

- Primarily starchy and slow release choices
  - Cereals, Grains, Pasta, Potatoes
- Less than 10% should come from sugar.
  - Where would you find sugar in foods – examples?



# What are they used for: Protein

- Proteins are the building blocks of all the cells throughout your body (except bone) including:

- Skin
- Internal organs
- Immune cells
- Muscles



- Protein is vital for growth during childhood and adolescence.

- Protein is also used for muscle repair and recovery





# What are they used for: Dairy / Dairy alternatives

- Provides calcium:
  - Used to build strong bones.
  - Used in your muscles when active.
- Provides protein.
- Provides carbohydrates.
- Provides healthy fats.
- Provides other vitamins and minerals (e.g. vitamin B2 and B12)



# What are they used for:

## Fruit, Vegetables and Salad

- Provide vitamins and minerals which are required for hundreds of important functions throughout the body.
- Provide carbohydrates, mainly from:
  - Fruit
  - Vegetables.
- Add fibre to your diet.

## Fats

- Energy production when training at lower heart rate or effort levels
- Stores some vitamin and mineral
- Very low fat intake makes it very difficult to absorb key vitamins such as A, D, E, K.

# Suitable meal example

# Post training

Carbohydrates	Protein	Fats
Refuels energy used during training sessions	Repairs muscles used during exercise	Choose foods low in fat
Reduces the risk of injury	Promotes growth after certain exercise	Choose foods with natural, healthy fats e.g. dairy
Reduces the risk of illness		High fat intake can slow the speed your stomach empties, reducing how effective recovery snacking is.

## Hydration

During training you may have lost fluid through sweat/perspiration. You need to replenish this before your next session to avoid:

- Reduced performance.
- Increase illness risk.
- Increased injury risk.

# Snacks and Recovery

- Soreen (2x 1cm slice)
- Milk (1 pint)



CHO – 73g | Pro – 25g | Fat – 11g

- Apple (2x medium)
- Orange (2x medium)
- Flavoured tuna pot (80g)



CHO – 57g | Pro – 10g | Fat – 10g

# Snacks and Recovery

- Longley Farm Pineapple Cottage Cheese (250g)
- Homemade flapjack (52g)



CHO – 46.5g | Pro – 26.6g | Fat – 24.4g

- Mixed dried fruit (30g / 1x handful)
- Mixed nuts (1/2 cup or 60g)



CHO – 26g | Pro – 14g | Fat – 28g

