

Presenter information

Swimmers are required to bring food packaging or the actual foods they currently use for recovery snacks. This will form part of the task surrounding planning recovery nutrition.

Presentation format and layout.

- Slides follow the themes set out by the LTAD outlined below.
- General information is provided as key learning points for the swimmers to give them an introduction to nutrition and why it is important for their health along with their swimming career.
- Future work as they continue to develop in age will focus more on micronutrients and more specific themes and scenarios of nutrition.
- This talk should be as interactive as possible with the swimmers playing an active role in the talk rather than simply listening.
- Black slides are provided to allow for flexibility in creating these tasks. Examples could include

Scheme structure and learning aims as written in LTAD for Regional talk

- Swimmers to appreciate what types of food are in different food groups
- What food groups are useful at what times
- What food groups make up a suitable meal for a swimmer
- What snacks are best to have post training

Reference:

- Maughan, R.J., 2013. The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Sports Nutrition (Vol. 19). John Wiley & Sons.
- Desbrow, B., McCormack, J., Burke, L.M., Cox, G.R., Fallon, K., Hislop, M., Logan, R., Marino, N., Sawyer, S.M., Shaw, G. and Star, A., 2014. Sports Dietitians Australia position statement: sports nutrition for the adolescent athlete. International journal of sport nutrition and exercise metabolism, 24(5), pp.570-584.

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

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g 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

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.

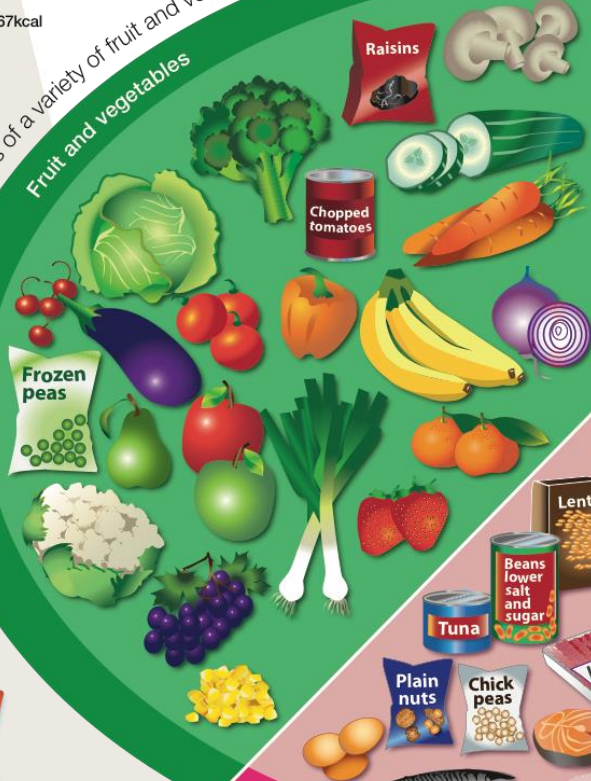


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

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

Fruit and vegetables



Choose wholegrain or higher fibre versions 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



Oil & spreads

Choose unsaturated oils and use in small amounts



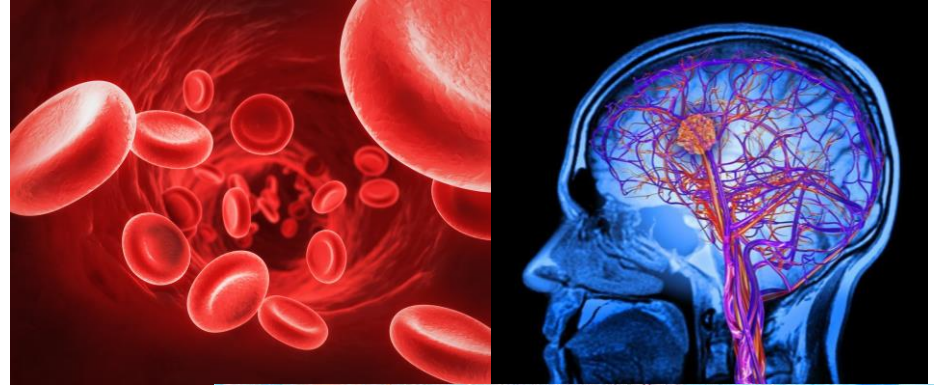
Eat less often and in small amounts

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

What are they used for:
Carbohydrates

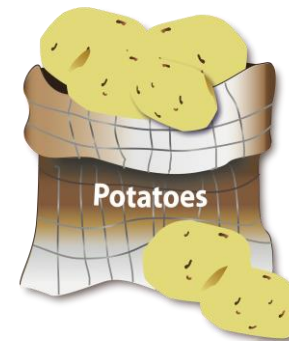
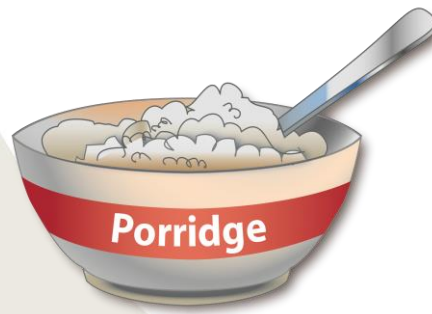
What are they used for: Carbohydrates

- 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

What are they used for: Protein

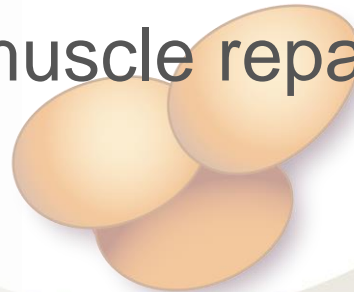
- Proteins are the building blocks of all the cells throughout your body (except bone) including:

- 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

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**

Fats

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.

Post training snack ideas

- Using the snack wrapper you have brought with you, in groups discuss:
 - What does the snack give you: carbohydrate, protein, fats
 - How would you rate that snack from 1 – 10
 - Could you improve that snack?
- Use your handbook or Post-It notes and suggest other possible post training snacks that would be good options.

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

Questions?

