Fiona Sutherland – Sports Dietitian.

EAT WELL, PLAY WELL

Work with elite gymnasts, and sports performance.

True or false questions...

* Men don’t need more protein than females. It is based on grams per kilo per day.
* Boys this age need 1 – 1.2 gms per kilo per day. Half a chicken breast has about 30 gms protein.
* Boys need more food (KJs/calories) than females, due to higher overall body weight & % of muscle mass.
* Boys do not need more protein powder to increase muscle/bulk.

Need a balanced diet, not just salad, tomatoes and a steak. This is boring. You need a balance.

The number one thing that account for a mature body shape is genetic – over 50%, so there is no point in comparing yourself to anyone else. You can exercise and maintain a healthy diet thought to influence body shape. It is frowned upon to take protein powders in sports circles, as you could get the same from good foods. You can eat more regularly or eat bigger portion sizes (vegetables, weet-bix (a good breakfast get the brain and Digestive system going), fruits, cereal, pasta, lean meat). Look at where you are getting your nutrients from. Cut back on high calories, fast foods. Once a week, or every now and again, it is healthier to have these foods occasionally, than not at all. This needs to be maintained.

PROTEIN SUPPLEMENTS

The main aim is to help meet your protein needs for the day. So many to choose from, but there is nothing magical about them, they are very expensive. In the first 30mins has been shown to be the most effective time to have them. Whole foods can be just as effective. You can add a little PP to your smoothie.

IDEAS FOR PROTEIN

Include at each meal, some snacks & after strength training sessions. Protein heals tissue and muscle. Gives you energy (secondary to carbs). Brains rely on P for concentration. When protein is broken down in the body, it is converted to amino acids, and ther ea e many different ones that the body needs... and one very important one is satiety – will get less hungry between meals. Some ideas below for inclusion:

* Lean meats (300g/day)
* Dairy
* Legumes
* Nuts&seeds
* Eggs (up to 2 a day)

IDEAS MEALS/SNACKS

BREAKFAST

Wholewheat cereal (weet-bix min 3) + 1 cup milk + banana + glass fruit juice (+1-2 toasts if you can manage)

Eggs x 2 (scrambled/poached) or small can baked beans + 2 pieces of toast)

LUNCH

Roll (x 1 -2) with meat (ham, chicken, etc) + cheese + salad + fresh fruit + nut – based bar.

Cut sugar back.

DINNER

Lean meat (150 – 250 g) + grains (pasta/rice/noodles) + vegies/salad – ideally should be 1/3, 1/3, 1/3.

SNACKS

Nut based bar

Milkshake, smooties or milo

Fresh fruit + custard

EATING FOR SPORT

Hydration and sport – sports drinks for boys these age is not recommended by Fiona (unless it’s a hot day or training hard. It’s basically cordial and salts. Really just need a bit of sports drink and lots of water.

Energy drink (Mother, V, etc) (even though they may say ‘all natural’ they are not and are chemically produced – just clever marketing)

Fiona does not recommend at all, as the way that the energy is produced is very heavily chemically based. We don’t know what effect this will have on people.

It is the effect of two very strong coffees, so only gives you a ‘bang’ for about 30-40 mins. If you need this energy hit, take a look at your sleep, study etc to rectify the problem (fatigue), instead of taking energy drinks

The best way to boost your metabolism is to eat regularly through the day.

The following foods are all high in protein – yogurt, meat and nuts

EATING OUT, PARTIES, Etc.

* Alternate alcohol with water
* Take your time to choose wisely from food available
* Choose low alcohol alternatives where possible
* Always eat before you go out and then again when you go home.

Any mixed drink (vodka cruiser etc) = 2 tim tams, 3 apples, ½ big mac, 2 small chips, can of coke, 3 slices of bread.

WHAT IS A ‘HANGOVER’?

It is alcohol acting as a toxin in the body. Liver is working very hard to get rid of it and you are dehydrated.

How to treat 🡪 Drink lots of water, drink a sports drink (will hydrate you), eat a healthy meal (not maccas). Alcohol has almost double the amount of energy that carbs and protein do (29g vs17-18 g)

Why isn’t maccas good for a hangover?

When your liver works hard to eliminate alcohol, maccas can further dehydrate you and put your body into more of an imbalance

SLEEP

Everyone needs a slightly different amount of sleep. At this age it is between 9-10.

Best way to gain weight – eat more good food, and professional training.

Biorhythms – when body temp dips it is at its lowest while we sleep and at around two in the day and we get really tired. Coke is not a cure for this.