

Fuelling Performance



Fuel for activity – what to eat...

What you eat before, after and during training; on rest days and in between will affect how your body performs and adapts.

Where does energy come from?

Carbohydrates – wholegrain and less refined bread, pasta, rice, cereal, potatoes, corn, fruit, and milk provide the best source of fuel and nutrients to help fuel training and recover and maintain good energy levels.

Proteins – lean meat, eggs, low fat dairy, legumes and nuts consumed directly post training and regularly at meals and mid meal snacks over the day will provide sufficient amounts of protein to stimulate muscle growth and recovery.

Fats – fats are essential including those found in nuts, avocado, olive oil and oily fish, however its best to reduce intake directly around training times. Fats to avoid are those in take away, cream, chips, fatty meats and cakes and pastries.

These snack suggestions mostly contain a carbohydrate and protein option and are suitable during the day and around training. **Eating or drinking within 30 minutes of finishing exercise is essential** for the optimal recovery. With increases in training load there may be requirements for an extra snack around training or during the day to replenish energy used; portion sizes of these snack may also vary depending on level of activity and body size so use as a guide.

These snacks are ready to grab and go:

- Sustagen popper
- Up and Go popper
- 200g low fat yoghurt – ski dlite / Yoplait / Jalna
- Chobani or vaalia yoghurt or custard tubes
- Le Rice or small can Heinz Creamed rice

You can freeze these the night before – will act as a cooler pack and then be defrosted ready to have by morning tea.

Straight from the cupboard – non perishable, no prep or refrigeration needed

- 220g Tin baked beans or spaghetti
- 4 Vita weat or 2 Salada with 95g tin light tuna
- Muesli/cereal bar – oat/grain based (avoid the yoghurt tops and fruit straps) – *pre training*
- Box of sultanas or handful (40g) dried fruit & nut combos

If you are out and about good things to grab might be:

At times its better to eat something than nothing at all. If you are out and need to fill a hole these options are good

- A bread roll, Raisin toast, scone or non iced apple scroll from Bakers Delight – *Pre training*
- Regular skim coffee or hot chocolate + raisin toast
- Medium size low fat Boost smoothie
- Tub of yoghurt from supermarket
- Sushi – limit choices with mayo
- Low fat flavoured milk or large coffee/hot choc
- Ham or Chicken salad wrap or sandwich
- Ice cream - Paddle pop / frozen Yoghurt / frutare
- 300ml 100% fruit juice - *Pre Training*

Pre training carbohydrate boost – energy top ups

- 1-2 slices raisin bread with jam
- Powerade 400-600ml
- Jam or honey sandwich
- 2 Crumpets or 1 English muffin with honey, jam or vegemite (limit butter/margarine)
- Piece of fruit – banana or diced fruit tub
- Banana hotdog = 1 banana and a roll or 2 slices bread
- Pikelets or pancakes with jam – limit cream/butter
- 2 Cruskits or corn thins with spreads

Prepare at home for a quick lunch or snack or pack up and take with you for the day

These examples can be used as a guide for the combinations that make a balanced snack or light meal.

- Whole meal or grain toast with 140g tin baked beans
- Whole meal toast with 1-2 eggs your way
- Toasted sandwich with ham, low fat cheese and tomato
- 1 cup wholegrain flaky cereal or ½ c muesli and light milk
- Natural yoghurt with berries and mixed seeds/nuts
- Fruit smoothie made with skim milk, fresh fruit, ice, and low fat yoghurt (and optional protein powder) – blend and serve
- 1 cup pasta with a tomato pasta sauce and low fat cheese
- 1 slice toast + 140g tin spaghetti + slice low fat cheese
- Celery sticks, apple or carrot with cottage cheese or hummus
- ½ pkt 90 sec microwave rice with a 95g tin of flavoured tuna stirred through and some frozen veges or baby spinach
- Peanut butter OR cheese sandwich on grain bread
- 1 boiled egg and a piece of fruit or muesli bar
- 2 corn thins or Vita wheat with cottage cheese or tuna
- 2-3 Ryvita / Vita weat / Salada + peanut butter OR avocado OR cottage cheese OR tuna OR sliced cheese OR ham
- Shallow handful of nuts PLUS a piece of fruit
- Homemade fruit muffins or banana/fruit loaf
- Low fat homemade custard with sliced banana
- 2 slices regular raisin toast with low fat ricotta
- Homemade creamed rice custard or sago
- 300ml light milk with jarra hot choc or milo
- Jacket potato with creamed corn or baked beans and some low fat cheese

Eat smaller meals and snacks regularly throughout the day for consistent energy levels and to fuel the body as it is needed. Make food colourful and combine a range of different types of healthy ingredients to get the most nutrients.

The greatest variety of nutrients is in the following groups:

- Vegetables / Fruits
- Whole grain and high fibre bread and cereal
- Lean meat, legumes, eggs and nuts
- Low fat dairy

For more information check www.nswis.com.au

PRINCIPAL PARTNER

