



## **Nutrition**

**'Poor Nutrition = Poor Health'**

**Nutrition is like a skill; to get better you have to practice it!**

### **What is Nutrition?**

1. Balanced Diet
2. Healthy Eating
3. Fluid
4. Carbohydrate
5. Protein
6. Fat
7. Vitamins
8. Minerals

### **TERMS TO KNOW!**

#### **Energy**

- We need energy to live and move around.
- To maintain a healthy weight the energy we take in through the food we eat needs to be balanced out by the energy that we use.

#### **Carbohydrate: GO food – potatoes, pasta, bread, rice**

- This is the main source of energy.
- There are 2 types of carbohydrate:
  1. Simple e.g. sugar, biscuits (think **S** for sugar)
  2. Complex e.g. cereal, pasta, rice (think **C** for cereal)
- We try to eat more complex carbohydrate than simple, as it gives us more energy for longer, lower in fat and higher in vitamins and minerals.

### **Protein: GROW food – meat, milk, fish, nuts**

- Its main purpose is for growth: helps the body to perform at its best.
- It is very important for repairing tired muscles after a workout, and increasing muscle mass.

### **Fat**

- Fat is very high in energy
- Extra energy is stored as fat, which makes the body heavier to move around
- Too much fat can decrease exercise performance, but too little can also cause health problems. It is important to get the balance right.
- There are different types of fat – the important one to avoid is **saturated fat**

### **Vitamins and Minerals: GLOW food – fruit, vegetables**

- These keep the body healthy, and help to use the energy in food.
- Without vitamins and minerals the body would not work properly and exercise performance will suffer.

### **Fluid**

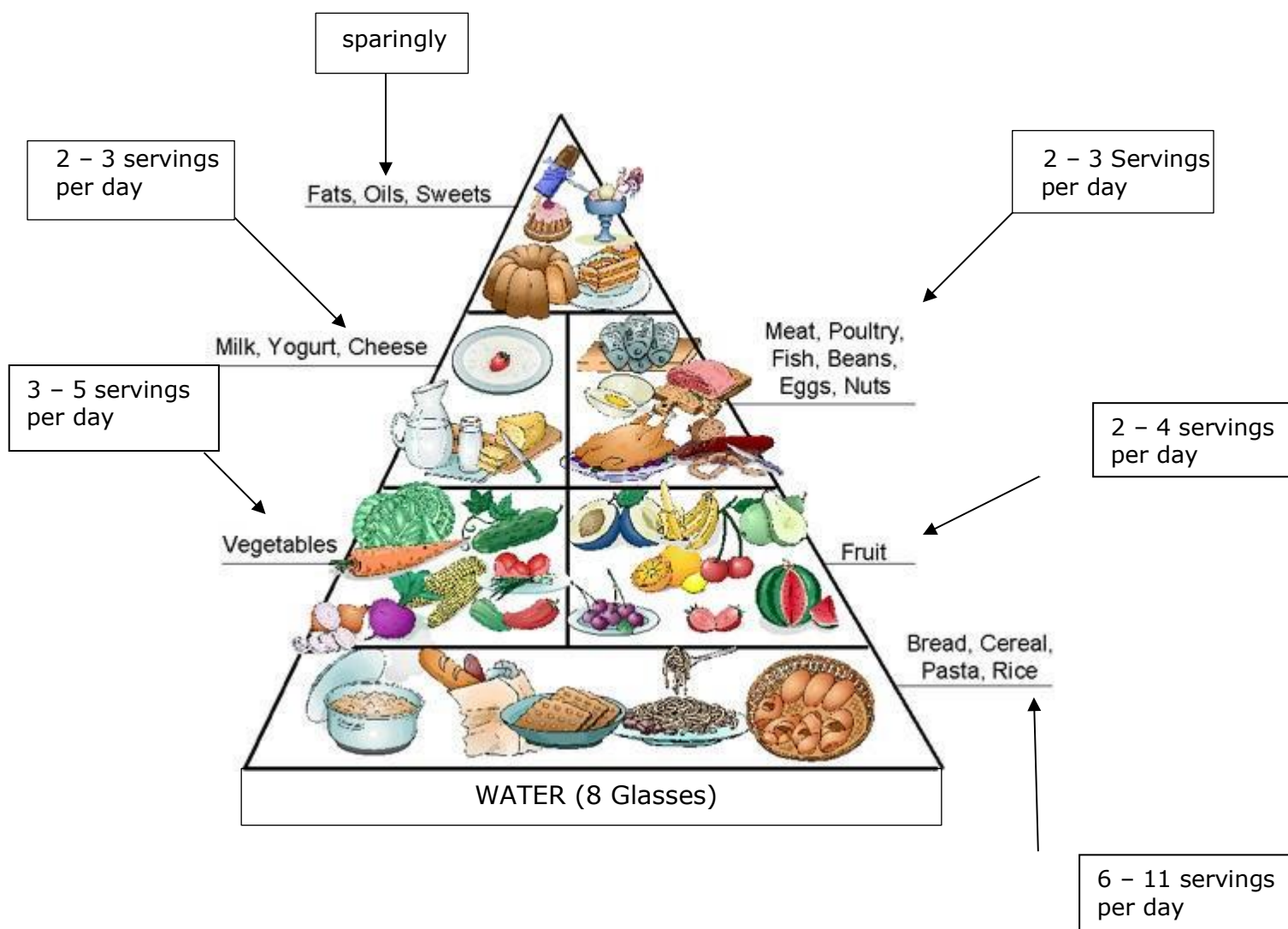
- Fluid is very important to maintain health; we can only survive a few days without water.
- It is very important during exercise where we are losing water through sweat and breathing. A fluid loss of 2% body mass can reduce performance.

## **BALANCED DIET**

- A balanced diet is essential for health – to keep the body working at its best, both physically and mentally.
- Diet as a whole has an impact on health – if the diet is healthy, one 'bad' food choice will not = poor health.

It is important to eat a diet high in carbohydrate, low in fat and moderate protein. An easier way to analyse what you are eating is to split the foods into groups:

**The food pyramid** is a good way to do this.



## WHAT IS A SERVING SIZE?

Food group		Examples of serving size
<b>Dairy: Milk, Yogurt, and Cheese</b>  (2 – 3 servings per day)	<b>GROW FOOD</b>	1 cup of milk or yogurt  1 match-box sized piece of cheese
<b>Meat: Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</b>  (2 – 3 servings per day)		1 small chicken breast  2-3 ounces of cooked lean meat or fish  1/2 cup of cooked dry beans or baked beans  2 eggs  2 tablespoons of peanut butter  1/2 a tin of tuna
<b>Vegetable</b>  (3 – 5 servings per day)	<b>GLOW FOOD</b>	1 cup of raw leafy vegetables  1/2 cup of other vegetables, cooked or chopped raw  3/4 cup of vegetable juice
<b>Fruit</b>  (2 – 4 servings per day)		1 piece of fruit e.g. apple, banana, orange  1/2 cup of chopped, cooked, or canned fruit  3/4 cup of fruit juice
<b>Grains: Bread, Cereal, Rice, and Pasta</b>  (6 – 11 servings per day)	<b>GO FOOD</b>	1 slice of bread  3 tablespoons breakfast cereal  1/2 cup of cooked cereal, rice, or pasta  1/2 bagel or English muffin

## HOW MUCH DO I NEED?

- This varies depending on your age, sex, activity level, weight, height...
- Ask your trainer to calculate your daily requirements for you.
- This energy intake should be made up of the food groups in the pyramid.
- **Don't forget** to drink at least 8 glasses of **water** (this should be more on days when you are exercising).

## HOW TO USE A FOOD LABEL

- If you have eaten the whole pack – look at the *per pack* column, as this will tell you exactly how much of the nutrients you have eaten.
- The *100 g* column makes it easier to see how the food is made up and how this fits into your nutrition plan!

Nutrition Facts		
Average values	per pack	per 100g
Energy	386kj 88kcal	2143kj 509kcal
Protein	1.1g	7.2g
Carbohydrate	12.3g	66.6g
of which sugars	4.2g	26.9g
Fat	4.1g	24.6g
of which saturates	2.1g	12.3g
Fibre	0.6g	2.9g
Sodium	0.1g	0.6g
Per pack	97 calories	4.5g fat

Ingredients: Wheat, flour, vegetable oil, hydrogenated vegetable oil, sugar, milk, partially inverted sugar syrup

Food contains:  
**66%** Carbohydrate  
**7%** Protein  
**25%** Fat

HIGH

HIGH

Sodium = salt content

## ***HIGH OR LOW?***

<b>Food</b>	<b>High</b>	<b>Low</b>
Sugar	10 g	2 g
Salt	0.5 g	0.1 g
Total Fat	20 g	3 g
Saturated Fat	5 g	1 g

### ***Tips on Fluid***

The pyramid showed you should drink at least 8 glasses of fluid per day. You should drink more than this when you exercise.

- **THIRST = DEHYDRATION = ↓ PERFORMANCE**

DO NOT wait until you are thirsty to drink, drink regularly. For example every 15 minutes during exercise.

Replace what you have lost during exercise: a 2% loss of body weight through fluid results in negative performance.

2 ways to check your hydration level:

- \* Weight check – weigh yourself before + after exercise (1 kg = 1 L)
- \* Urine check – pale colour = well hydrated, darker = dehydrated