

# Claregalway GAA

Margaret Byrne, RNutr.,  
Sport Nutritionist

# Overview

- Why should we EAT HEALTHLY???
- Problems – today & in years to come
- Getting the balance RIGHT
- FOOD – Fuel Your Performance
- The Game – Pre; During; Recovery
- Thirsty????
- Summary



# What's to GAIN from Healthy Eating

- Improves Performance
- Reduced risk of Illness & Strengthen immunity
- Increased Stamina & Quicker recovery
- Life.....
- Helps Concentration

# Poor Dietary Habits

- Long term effects poor food choices
  - Obesity
  - Cardiovascular Disease
  - Diabetes
  - Osteoporosis
  - Cancers



# Poor Dietary Habits

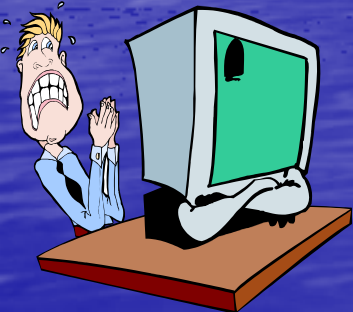
- 90% of Irish 5-12 year olds calories are consumed within the home (IUNA,2005, Burke et al., 2007)
- Teens – more varied consumption patterns
- 1/3 Teens don't eat fruit
- 56% exceed recommended fat intake
- Low intake of Dairy
- Excessive consumption of Salt
- 4 out of 5 teens not consuming enough fibre

# Poor Dietary Habits

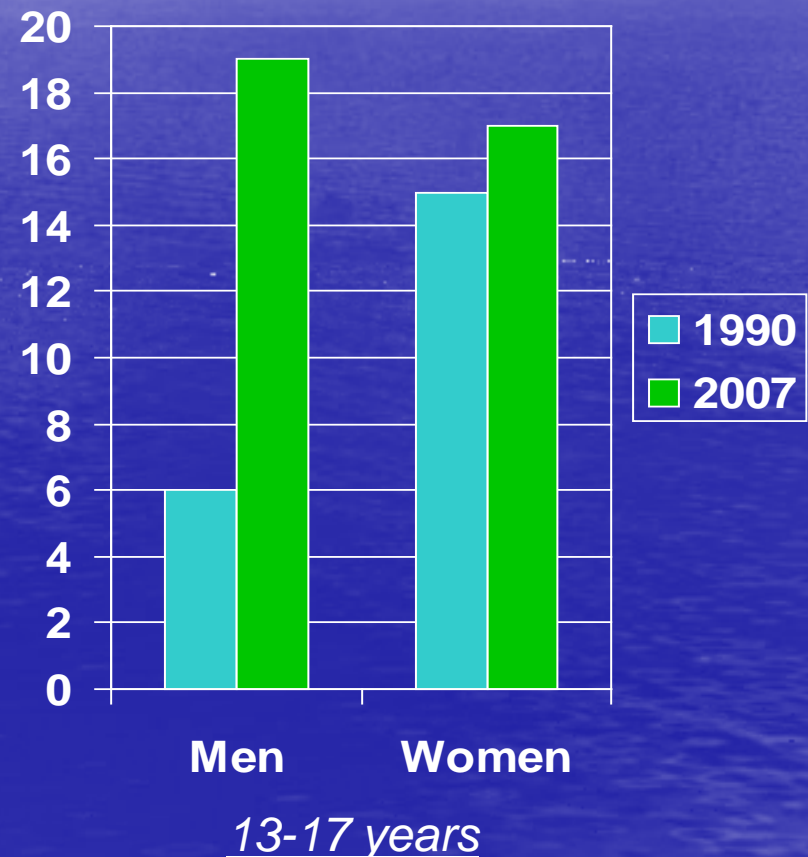
1 in 5 Irish teens →  
Overweight or Obese

## Causes:

- Parental Obesity
- Computer games < 2hrs/day



Increase incidence of obesity



# FAD Diets

- Atkins Diet, Cabbage Diet, Zone Diet,

**They DO NOT WORK long term**

Muscle  Increased Metabolism

FAD Diets  Muscle Loss  Reduced  
Metabolism  Increased Body Fat



# Balance of Good Health

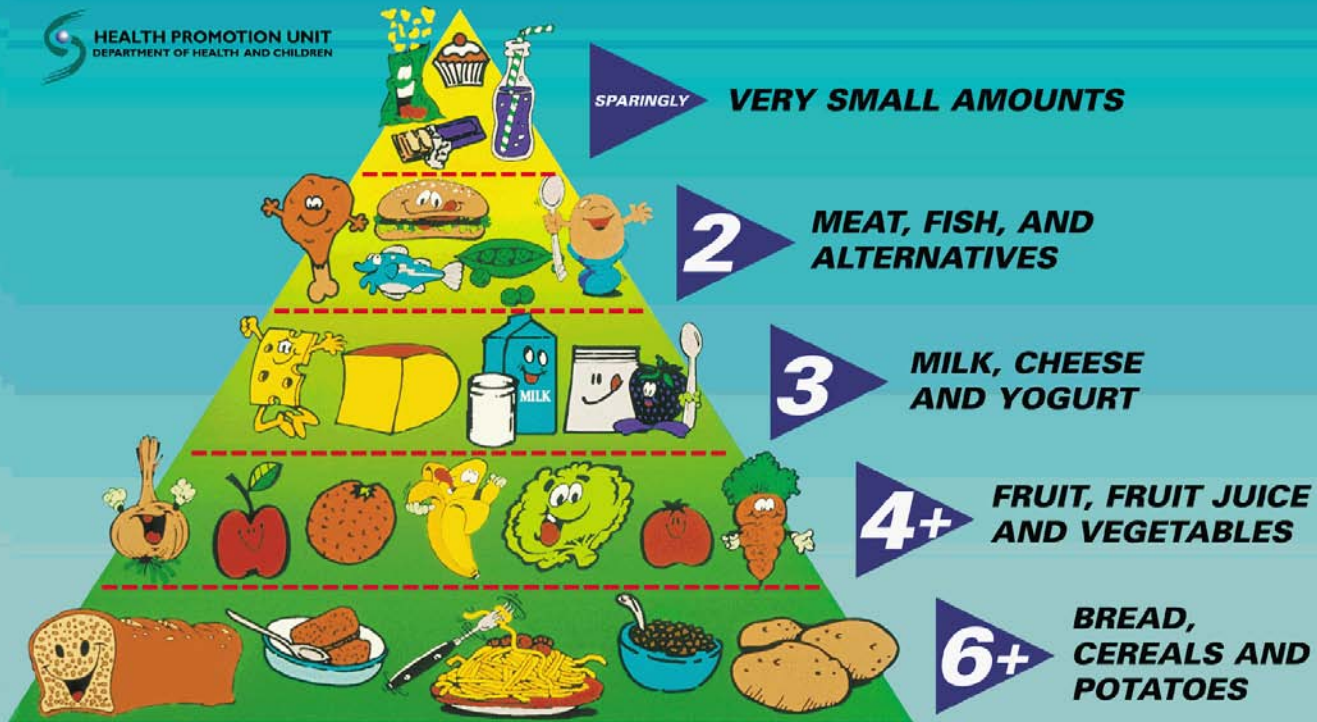
Healthy  
Foods

Regular  
Exercise



# THE FOOD PYRAMID

HEALTH PROMOTION UNIT  
DEPARTMENT OF HEALTH AND CHILDREN



# Carbohydrates

- Wholemeal & Brown Breads, Rolls
- Rice Pasta, Potato
- Fruit & Vegetables
- Breakfast cereals
- Cereal Bars



# Why are they so Important?

- Major energy provider – 55%
- Essential to maintain blood sugar levels
- Essential fuel for high intensity exercise
- Complex and Simple
- Fuel for working Muscle

# Why are they so Important?

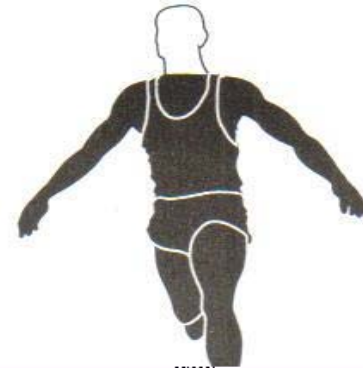
## Who will be there at the finish?

The right level of muscle fuel is linked to what and when a player eats and drinks.

PLAYER 'A'



PLAYER 'B'

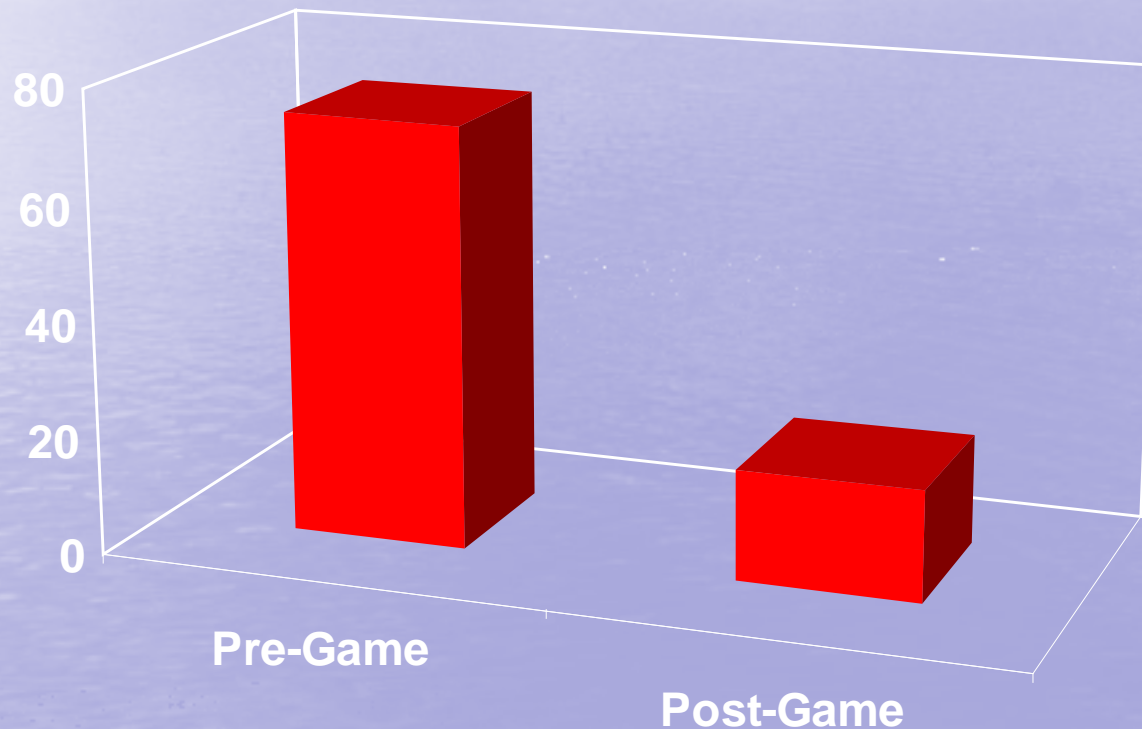


**6 sec sprint depletes your  
Glycogen (muscle  
carbohydrate) store by  
15%**

**How many times do  
you sprint during a  
Match??**

***(Gaitanos et al 1993)***

# Muscle glycogen depletion during a soccer game



# Carbohydrates



# Protein

- Essential for growth & repair in body
- Essential in Post exercise recovery
- Meat, Poultry, Fish, Lentils, Nuts, Dairy

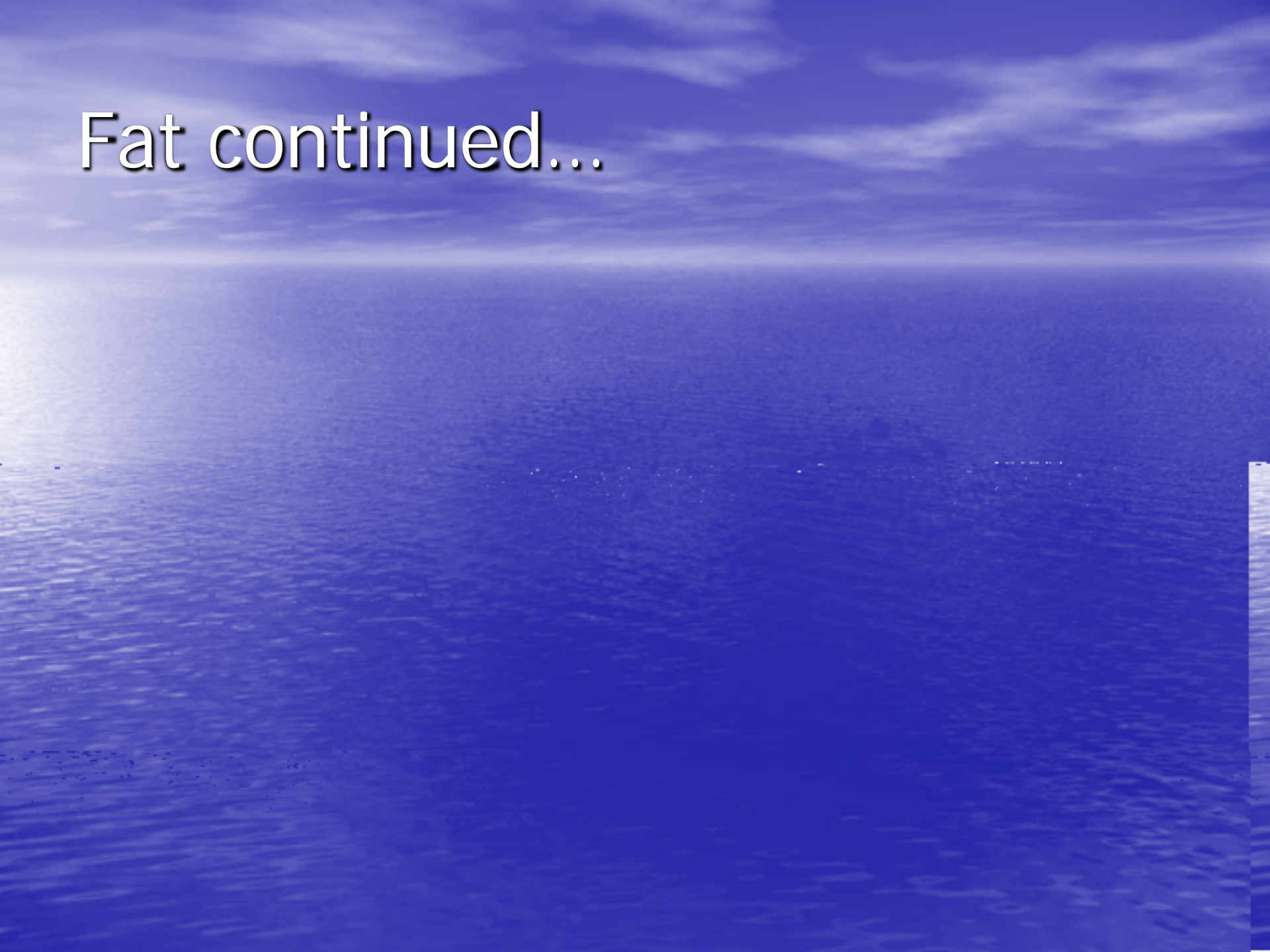


# Fats

## *The Good, The Bad & The Ugly*

- Saturated Fats
- Polyunsaturated Fats
- Omega Fats 3 & 6
- Cakes, Biscuits, Savoury Snacks, Chocolate & Confectionary

Fat continued...



# Fruit & Vegetables

- **Why Consume 5 or more portions of Fruit/Veg**
  - They're packed with vitamins and minerals.
  - They can help you to maintain a healthy weight.
  - They're an excellent source of fibre and antioxidants.
  - They help reduce the risk of heart disease, stroke and some cancers.
  - They taste delicious & huge variety

**BEST SNACKS**

# What's in a portion?

- **Fresh fruit**
  - Small-sized fruit
  - Medium-sized fruit
  - Large fruits
- **Dried fruit**
- **Tinned fruit**
- **Juices:**
  - A glass (150ml) of 100% juice

# What's in a portion?

- **Green vegetables:**
  - 2 broccoli spears, 8 cauliflower florets, 4 heaped tablespoons of kale, spring greens or green beans
- **Cooked vegetables:**
  - 3 heaped tablespoons of cooked vegetables such as carrots, peas or sweetcorn
- **Salad vegetables:**
  - 3 sticks of celery, 2 inch piece of cucumber, 1 medium tomato, 7 cherry tomatoes
- **Tinned and frozen vegetables:**
  - 3 heaped tablespoons of tinned or frozen carrots, peas or sweetcorn
- **Pulses and beans:**
  - 3 heaped tablespoons of baked beans etc.
- **Potatoes and other related root vegetables:**
  - Because they are considered a 'starchy' food, potatoes don't count towards your 5 A DAY. (Starchy foods are foods like potatoes, rice, pasta and bread.)

# The Game

## Preparation Includes Nutrition

- Before
- During
- After

# Meal Plan 1 : Meal Plan 2

- breakfast
    - 3 slices white toast, butter & jam
  - snack
    - Large Mars Bar & Capri Sun
  - lunch
    - Large Roll – 2 sausages, rasher & ketchup, bottle Coke, packet Crisps & red apple
  - Snack
    - 2 slices white toast & 2 cheese singles & tea
  - Training - water
  - Dinner
    - Lasagne, coleslaw, croquettes & pint milk
- breakfast
    - 3 weetabix, orange juice, Flaxseed (optional)
  - snack
    - 1 Med Apple / handful grapes & tub yogurt/ innocent smoothies
  - lunch
    - Wholemeal Roll/ bap – meat, cheese, salad. Banana & Cordial/ H<sub>2</sub>O
  - snack
    - Portion fruit/ mixed nuts
  - snack
    - Baked beans & toast/ baked potato & milk
  - Training – water – refuel snack
  - dinner
    - Breast chicken, mashed carrots & parsnips, boiled potatoes

# Meal Plan 1 : Meal Plan 2

- breakfast
  - 3 slices white toast, butter & jam
- snack
  - Large Mars Bar & Capri Sun
- lunch
  - Large Roll – 2 sausages, rasher & ketchup, bottle Coke, packet Crisps & red apple
- Snack
  - 2 slices white toast & 2 cheese singles & tea
- Training - water
- Dinner
  - Lasagne, coleslaw, croquettes & pint milk

- breakfast
  - 3 weetabix, orange juice, Flaxseed (optional)
- snack
  - 1 Med Apple / handful grapes & tub yogurt/ innocent smoothies
- lunch
  - Wholemeal Roll/ bap – meat, cheese, salad. Banana & Cordial/ H<sub>2</sub>O
- snack
  - Portion fruit/ mixed nuts
- snack
  - Baked beans & toast/ baked potato & milk
- Training – water – refuel snack
- dinner
  - Breast chicken, mashed carrots & parsnips, boiled potatoes



# To Hydrate Your Body

## Sports Drink

- Carbohydrate 6-8%
- Contains Sodium
- Sodium maintains desire to drink
- Sodium & CHO enhance taste
- No caffeine
- No gas = wind
- Drinks bottles and easy access
- Regular sips every 10-20 mins
- Don't wait for thirst
- Regular breaks in team sports
- Practice with types of drinks
- Chill drinks

# Getting it Right



# An Average Day.....

- Breakfast
  - Breakfast cereals/ Porridge/ Smoothies/ Toast/ Glass Juice/ Yogurts
- Snacks
  - Fruit/ Dried Fruit & Nuts/ Smoothies/ Yogurt/
- Lunch
  - Wholemeal Bread Source/ Meat/ Salad/ Soups/ Cheese/ Fruit/ Custard – fluid intake
- Snacks
- Dinner
  - Carbohydrates/ Protein/ vegetables/ Salad
- Snacks

# The Game

- Before Training / competition
- 4-6 Hrs
  - CHO rich + Protein
  - Plain Cereal & Fruit
  - Porridge & Fruit
  - Baked Potato & Beans/ Sweetcorn/ Tuna
  - Pasta & tomato based sauce
  - Dinner – main portion – Rice/ Pasta/ Potatoes & Vegetables, Opt for Fish / Chicken NON Breaded
  - Beans on Toast/ Scrambled Eggs on Toast
  - Fluid

# The Game

- Before Training / competition
- 1-2 Hrs
  - Snacks & H<sub>2</sub>O
  - Dried Fruit & Nuts / low fat yogurts/ sports drink/ bowl cereal/ bag of jellies/ 2 cereal bars
  - Sandwich – lean meat & salad/ banana/ jam filling

# The Game

- During Training / Competition
- Practice at training - taking fluid – i.e. Water at regular intervals –
- Amounts – depends on individual
- Half time

# The Game

- Post Exercise = Recovery & Refuel
- Essential to REFUEL nutritionally Post  
Exercise – first 30mins are crucial
- Need CHO & Protein & Fluids

# Recovery foods

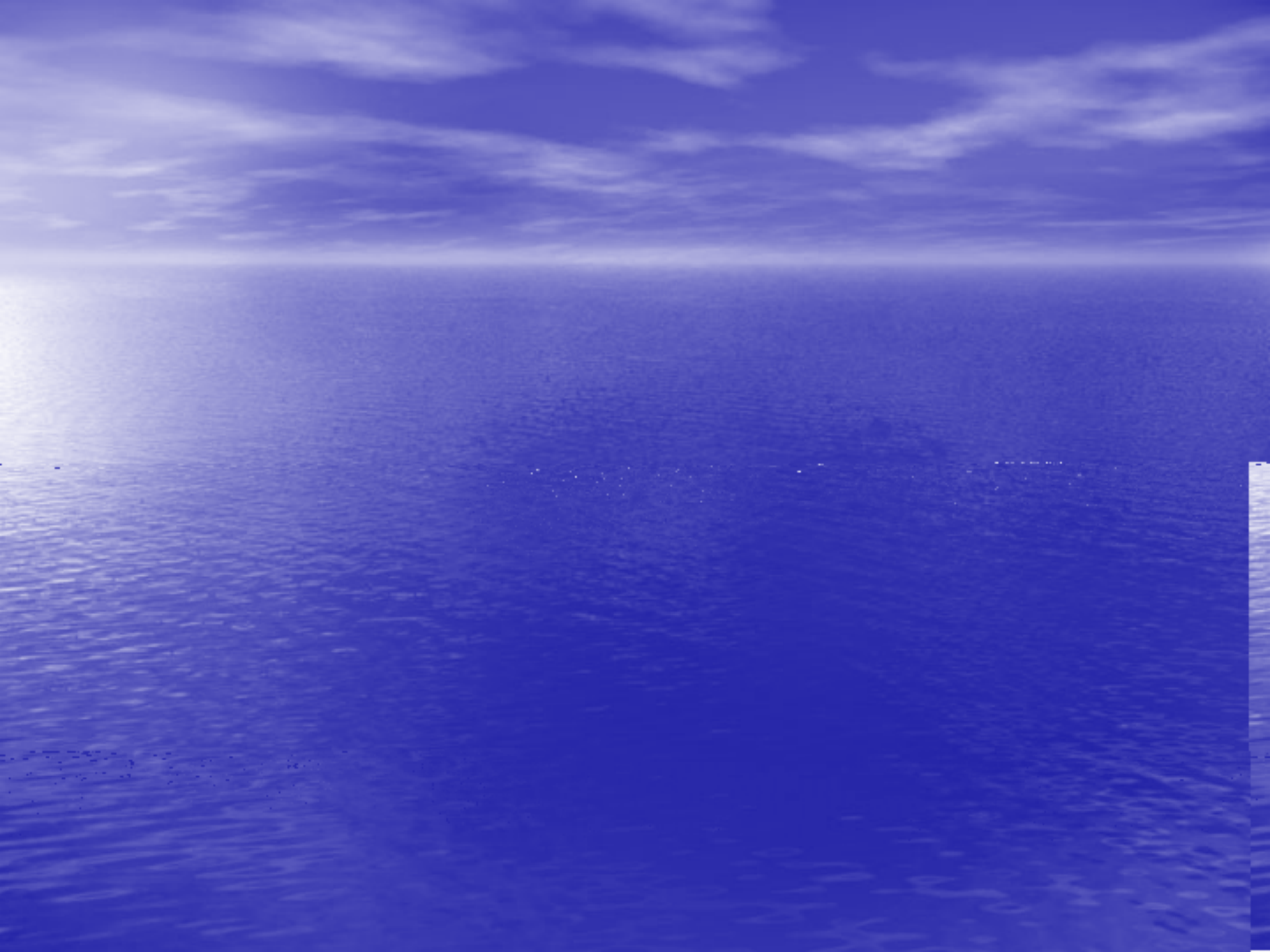
- 500mls of low fat milk
- 200mls carton yogurt drink and large banana
- 2 slices bread with meat/chicken/egg
- 2 tubs of low fat yogurt
- sports bars
- cereal bar and 1 tub low fat yogurt
- average baked potato with grated cheese
- 1 slice thick crust pizza
- Large bowl cereal & milk
- Beans on toast
- 3 sweetabix
- 1pt milk
- Rice pudding- tinned fruit
- low fat fruit yogurt & fruit scone/ bread
- 2 Tracker/cereal bar
- NO Choc Bars- only Turkish delight/ jellies
- Sports Drink (bought/homemade)





# Hydration

- Its Individual
- 2% dehydration effects Performance
- *Prior dehydration of 1.5-2% of body mass reduces running speed in track races at distances of 1500m, 5 km and 10 km*



# Signs of Dehydration

- Lacking in energy
- Fatiguing early
- Feeling too hot
- Flushed skin and clammy
- Nausea
- Dark coloured urine



# To Hydrate Your Body

## Sports Drink

- Carbohydrate 6-8%
- Contains Sodium
- Sodium maintains desire to drink
- Sodium & CHO enhance taste
- No caffeine
- No gas = wind
- Drinks bottles and easy access
- Regular sips every 10-20 mins
- Don't wait for thirst
- Regular breaks in team sports
- Practice with types of drinks
- Chill drinks

# Finally....

## Improved **Performance** IS enhanced by **NUTRITIONAL STRATEGIES**

- Less treats/crisps/ takeaways
- More CARBs
- More FRUIT & VEG
- Watch FLUIDS
- TIMING



*Questions????*