

Get Your Body Buzzing *Express*

Module Four

Next Level Nutrition



Outcomes

Understand the importance of hydration and the roles of various fluids including caffeine, sports drinks and energy drinks

Establish how to meet your needs for essential minerals for maximum energy including iron, calcium and resistance starch for a healthy gut



Hydration



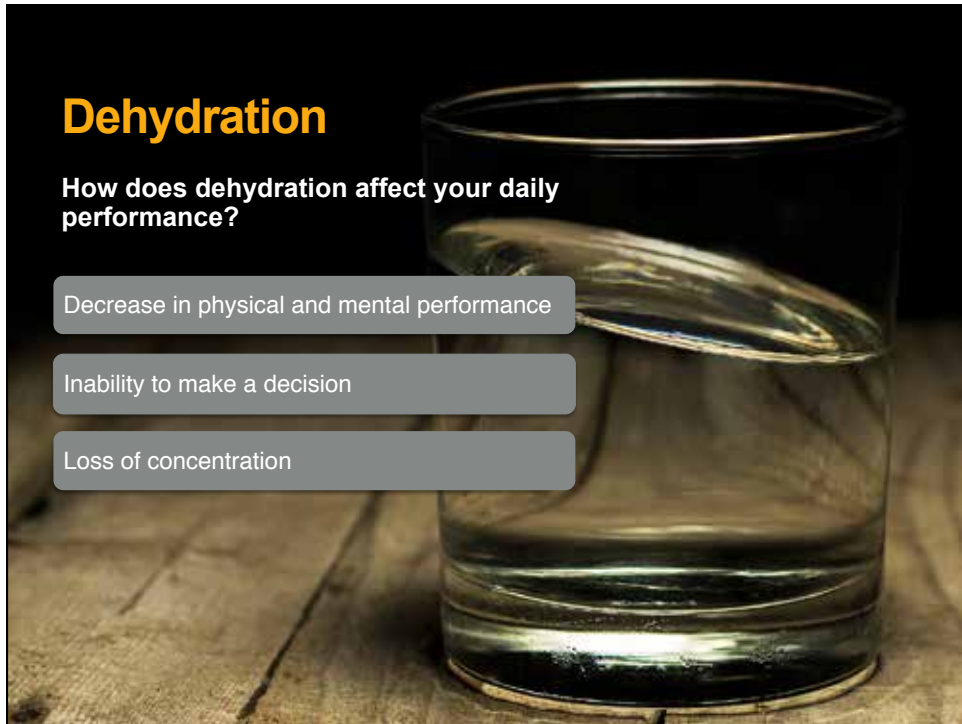
Dehydration

How does dehydration affect your daily performance?

Decrease in physical and mental performance

Inability to make a decision

Loss of concentration



Sports and Energy Drinks





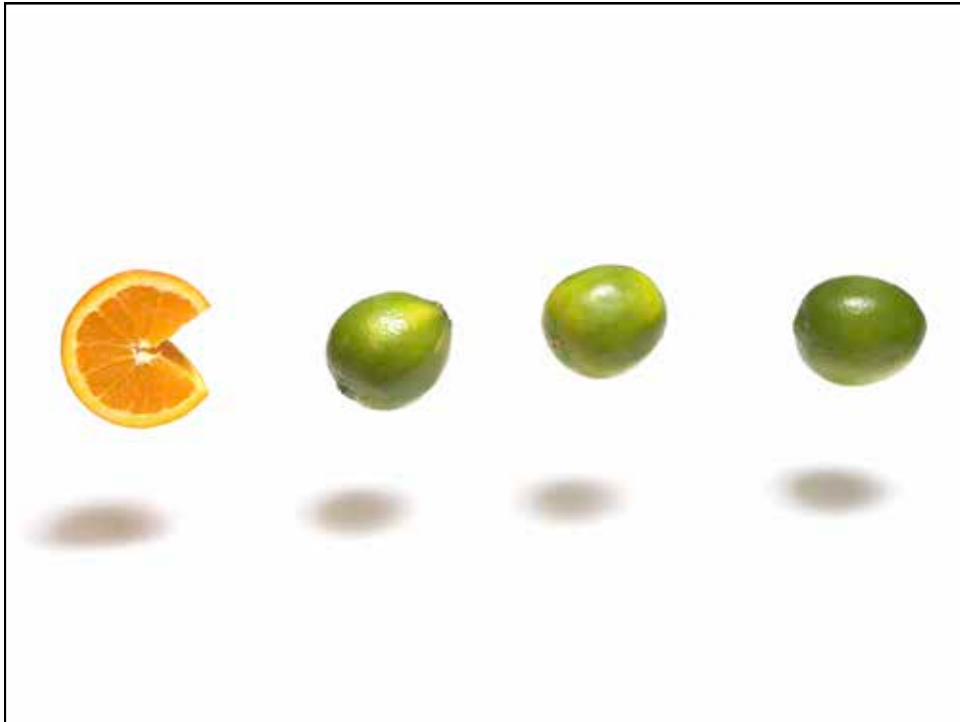
Caffeine Counter

Beverage	Serving	Caffeine (mg)
Brewed coffee	1 cup	85-120
Instant coffee	1 cup	60
Brewed tea	1 cup	75
Instant tea	1 cup	30-50
Green tea	1 cup	50-80
Cocoa powder	2 tsp	20
Milo	2 tsp	1
Energy drink	250 ml	80
Milk chocolate	30 gm	6
Cola drinks	375 ml	40
Caffeine tablet	1	100



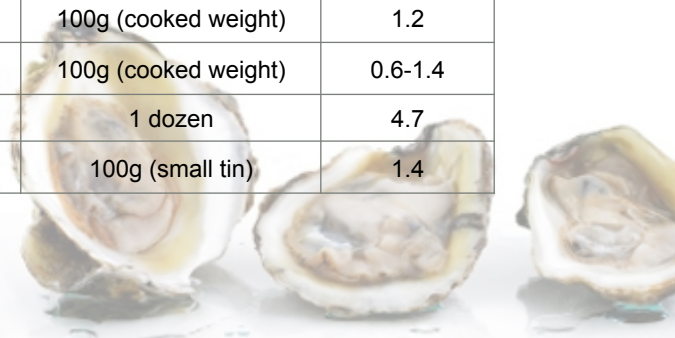
Iron

	mg Iron/day
Men	7 mg
Women (19-54 years)	12 – 16 mg
Women (54+ years)	5 – 7 mg
Pregnancy (Trimester 2 & 3)	22 – 36 mg



Haem Iron Foods

Food	Serve	mg Iron
Liver	100g (cooked weight)	11.0
Liver pate	40g (2tbsp)	2.3
Lean steak	100g (cooked weight)	4.0
Chicken (dark meat)	100g (cooked weight)	1.2
Fish	100g (cooked weight)	0.6-1.4
Oysters	1 dozen	4.7
Salmon	100g (small tin)	1.4



Non-Haem Foods

Food	Serve	mg Iron
Eggs	100g (2)	2.0
Breakfast cereal (fortified)	30g (1 cup)	2.5
Wholemeal bread	60g (2 slices)	1.4
Spinach (cooked)	90g (2/3 cup)	3.6
Lentils/kidney beans (cooked)	100g	2.5
Tofu	100g	1.9
Almonds	50g	2.1
Sultanas	50g	0.9
Dried apricots	50g	2.0



Calcium



Equivalent to 1 serve of dairy

Food	Quantity
Almonds	120g
Apples	7.5kg
Apricots, dried	430g
Baked beans	900g
Bread, wholemeal	20 slices
Broccoli	1kg
Eggs, boiled	18
Salmon, canned with bones	140g
Sesame seeds	45tbsp
Spinach	600g



One Serve of Dairy

- 1 glass (250ml) milk
- 1 tub (200g) yoghurt
- 2 slices (40g) cheese





There are no shortcuts to any place worth going
- Beverley Sills, Opera Singer