

### Outcomes

- Possess the tools and strategies to plan your food and fluid intake before, during and after training
- Have the knowledge to calculate the amount of carbohydrate, protein and fluid you require to perform at your best
- Discover the nitty gritty of how to use these nutrients to your advantage



### Pre-training meal ideas (3 - 4hrs)



- Fruit toast with ricotta and banana
- Baked potato with corn and cheese
- Baked beans or spaghetti on toast
- Breakfast cereal with milk
- Sandwich with meat and salad filling
- Fruit salad or berries with yoghurt
- Pasta or rice with a low fat sauce
- Pita bread wrap with tuna and salad

### Pre-training snack (1 - 2hrs)

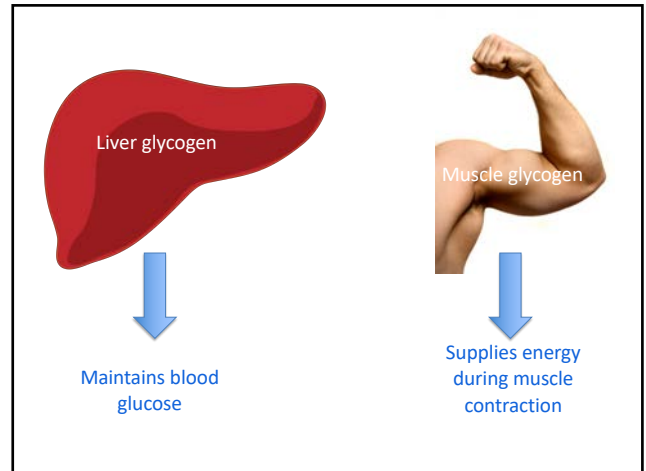


- Fresh fruit
- Canned fruit
- Tub of yoghurt
- Cereal/muesli bar
- Flavoured milk
- Fruit bun or fruit scone
- Up and Go or similar drink
- Toast with jam/peanut butter/Vegemite
- Breakfast cereal with milk/yoghurt



### What if appetite is a problem?





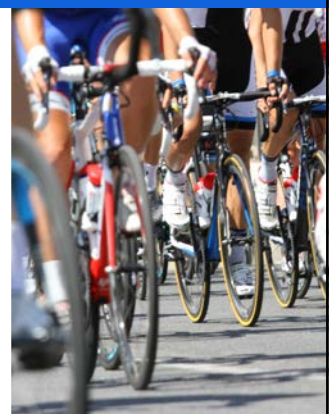
## Glycogen Utilisation

Glycogen utilisation during exercise depends on:

- Exercise intensity
- Exercise duration
- Training status

## Carbohydrates during training

Brief exercise	Not required
Sustained high intensity exercise	Small amounts (including mouth rinse)
Endurance exercise	30-60g/hr
Ultra-endurance exercise	Up to 90g/hr (glucose/fructose mix)



### Food containing 25-30g carbohydrate

- 1 carbohydrate gel
- 1 large banana
- 2 slices of bread with jam/Vegemite
- 400ml sports drink
- 1 muesli bar or ½ sports/energy bar
- ½ packet of carbohydrate 'chews' or lollies
- 25-30g lollies
- 4 dates

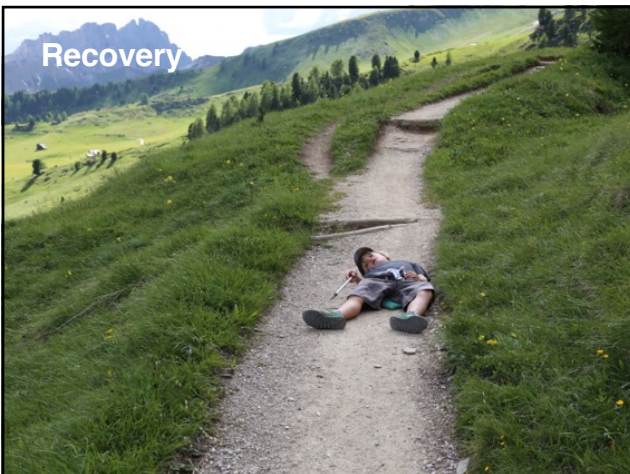


### Don't forget!

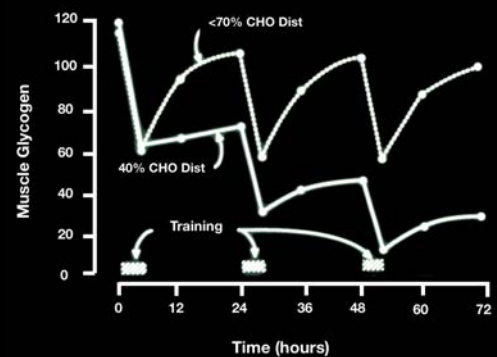
Drink water with carbohydrate



### Recovery



### Muscle Glycogen



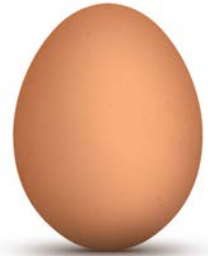
### 50g Carbohydrate Snack

- 600-800ml sports drink
- 800ml cordial
- 500ml juice or non-cola soft drink
- 50-60g jelly beans or jelly lollies
- 1 ½ carbohydrate gels
- 1 round thick jam or honey sandwiches
- 2 muesli bars
- 2 large pancakes
- Bowl of pasta
- 1 cup of creamed rice



### 10-20g protein plus carbohydrates

- 600ml low fat flavoured milk
- 1 Go Natural Protein Bar
- 2 egg + 2 slices wholegrain toast
- 1 tin tuna + 4 rice cakes
- 4 heaped tbsp skim milk powder + 250ml low fat milk



Obstacles are those frightful things you see when you take  
your eye of your goal

- Henry Ford, Founder Ford Motor Co.