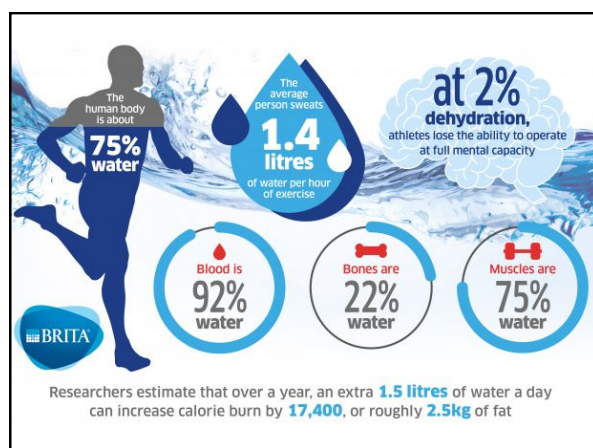
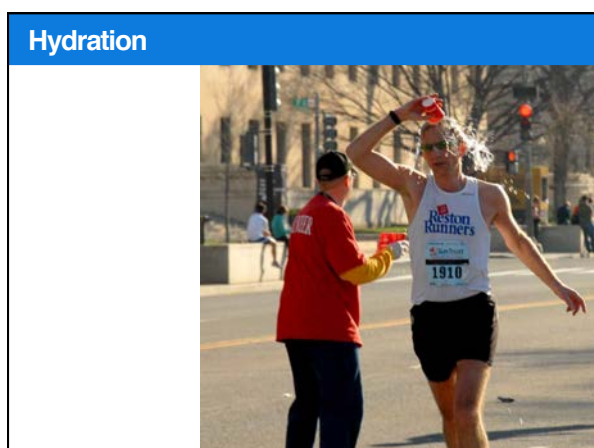


Outcomes

- Understand the importance of hydration and the role of various fluids including caffeine, sports drinks and energy drinks
- Establish how to meet your calcium and iron needs
- Know how to prep for a competition or event



A moderate beer intake has no deleterious effects on markers of hydration

16 male ran 1 hour in the heat and consumed either mineral water ad-libitum or up to 660 ml regular beer followed by water ad-libitum during the two hours after exercise

WATER
VERSUS
BEER + WATER

BEER INTAKE DID NOT ADVERSELY AFFECT THE HYDRATION STATUS

A moderate intake would not alter the recuperation process. Nevertheless, high alcohol intake should not be recommended as the physiological and health consequences could be deleterious

By Jiménez-Pavón et al. in the Journal of the International Society of Sports Nutrition, 2015
Designed by @YLMSPortScience

Fluid tips when exercising

- Begin your exercise session hydrated, drink well before you start
- Drink at regular intervals - 150-250 mls every 15 minutes
- If exercising for less than 60 minutes, water is the most practical and economical fluid
- Fluid recovery is essential and you can check your fluid loss by monitoring your weight before and after training
- Practice your race day fluid plan during training

Sports Drinks

Electrolytes

Carbohydrates

Water

Electrolyte Drinks

Hydralyte

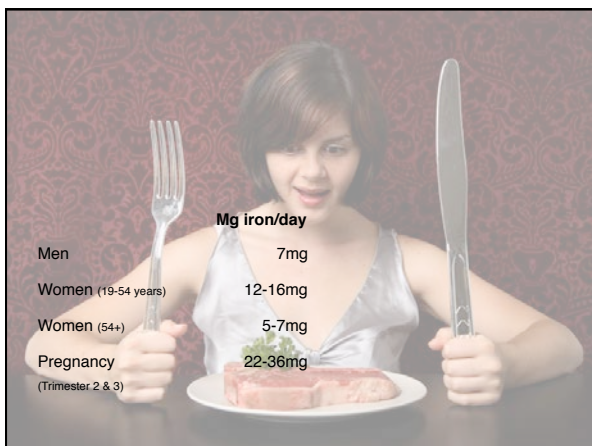
shotz



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
mlilo	2 tsp	1
energy drink	250 ml	80
milk chocolate	30 grams	6
cola drinks	375 ml	40
Caffeine tablet	1	100

 A white cup of Illy coffee with a red Illy logo on the side, topped with a dusting of brown powder.

Mg iron/day

Men 7mg

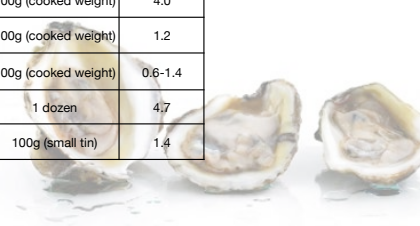
Women (19-54 years) 12-16mg

Women (54+) 5-7mg

Pregnancy (Trimester 2 & 3) 22-36mg


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	45 tbsp
spinach	600g

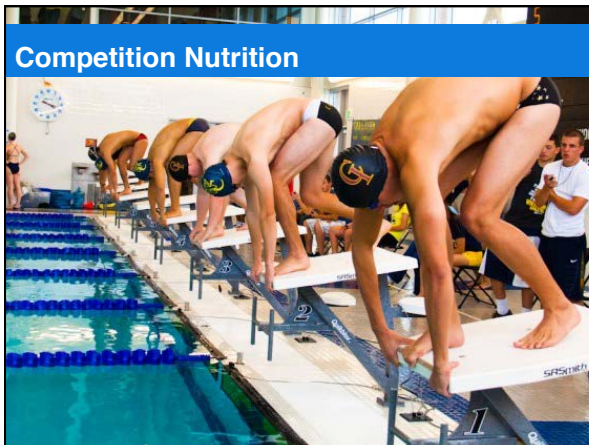


One Serve of Dairy

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



Competition Nutrition



Should I carb load?



Sample carb load

'The Carb Load' (The day before the race)

Day Before
You are aiming for 600-700 grams of carbohydrate for the day. The day should look like:

Breakfast
2 cups cereal with 1-2 cups milk
4 slices of toast with jam/honey

Morning Tea
4 tablespoons Sustagen Sport in 250ml milk
1 large cinnamon bun

Lunch
2 cups cooked rice or pasta with 150g meat/chicken or fish and vegetables or salad
1-cup jelly with fruit

Afternoon Tea
4 tablespoons Sustagen Sport in 250ml milk
50 grams jelly beans

Dinner
150g meat, chicken or fish
2 cups cooked pasta or rice
Veggies/salad
1-cup jelly or custard with fruit

2000ml sports drink throughout the day plus 2000ml water
You could also use 1-2 Carbo Shotz Electrolyte tablets throughout the day.



The Pre-event Meal

- Cereal without bran
- Toast, fruit loaf, English muffins or crumpets with baked beans, spaghetti, tomato or egg
- Pancakes with fresh fruit and syrup
- Up and Go or Sustagen Sport with banana
- Fresh or tinned fruit and yoghurt



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)



25-30g Carbohydrate

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



Don't Forget!

Drink water with carbohydrate



