



Nutrition Guide for Athletes

Good Breakfast Choices

(carb, protein, healthy fat)

- Oatmeal & berries, Greek yoghurt, walnuts
- Wholegrain toast, boiled egg, avocado
- Wholegrain toast, glass of milk, peanut butter
- Smoothie – banana & strawberries, milk & yoghurt, chia seeds

Good Lunch Choices

(carb, protein, healthy fat)

- Wholegrain bread, chicken breast, avocado – apple & granola bar
- Pasta salad, 2 boiled eggs, olive oil dressing – banana & oatmeal muffin
- Rice salad, tuna, walnuts – carrots & raisin bread

Good Dinner Choices

(carb, protein, healthy fat)

- Noodles, chicken, vegetables stir fried in olive oil
 - Pasta, canned tuna, corn in a tomato-based sauce
 - Boiled potatoes, baked salmon, stir fired vegetables
 - Rice, beef chili, avocado and salsa
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Timing of snacks

Contributes to performance and effective recovery

- **Before training 1-3 hours**
 - Increases energy levels, focus & motivation
 - If snack is within less than 1 hour – choose a carbohydrate low in fat & protein to avoid indigestion
 - Fruit smoothie with low fat milk & yoghurt
 - Wholegrain cereal with low fat milk
- **During training 1.5 hours or more**
 - For intense training session 1 to 1.5 hours or more drain Glycogen stores
 - Athletes require 30-60 grams of carbs per hour
 - Sports drinks help maintain energy levels and electrolytes (bring one to training)
- **After training within 30 minutes**
 - Refuels muscle glycogen stores quickly
 - Repairs & builds muscles
 - Carb snack with protein using a 4:1 ratio

Competition Day

(Examples of Meals)

Pre-Meet Breakfast

- Wholegrain cereal with low fat milk
- Oatmeal with yoghurt and fruit
- Wholegrain toast with peanut butter & banana
- Toast with eggs
- Greek yoghurt with granola & fruit
- To drink: milk, 100% juice, hot chocolate or herbal tea
- AVOID fried foods – bacon, sausages, potatoes (takes too long to digest)

Lunch

- Sandwich with lean meat and vegetables
- Pasta in a tomato-based sauce with chicken
- Rice or noodles with lean protein and vegetables
- Bakes potato with chili
- Grilled chicken burger
- Avoid burgers and fried foods (takes too long to digest)

Dinner

- Spaghetti Bolognese and salad
- Chicken and rice with salad
- Pasta with chicken and vegetable
- Vegetable pizza
- Chicken burger and salad
- Fish potatoes and vegetables
- Eat as soon as possible after the last race of the day
- Choose familiar foods
- Avoid large amounts of red meat and high fat foods (hard to digest)

Snacks During Competitions

Timing of snacks before races

- Less than 15 min. sports drink only
- 15-30 min. small low fat, carb snack eg. crackers
- 30-60 min. 2-3 low fat, carb snacks eg. fruit, granola bar
- 1 hour or more carb plus protein & fat eg. meat, dairy, nuts (be conscious of any teammates with allergies)

The above information is a guide for athletes to help make educated decisions regarding their nutrition.