

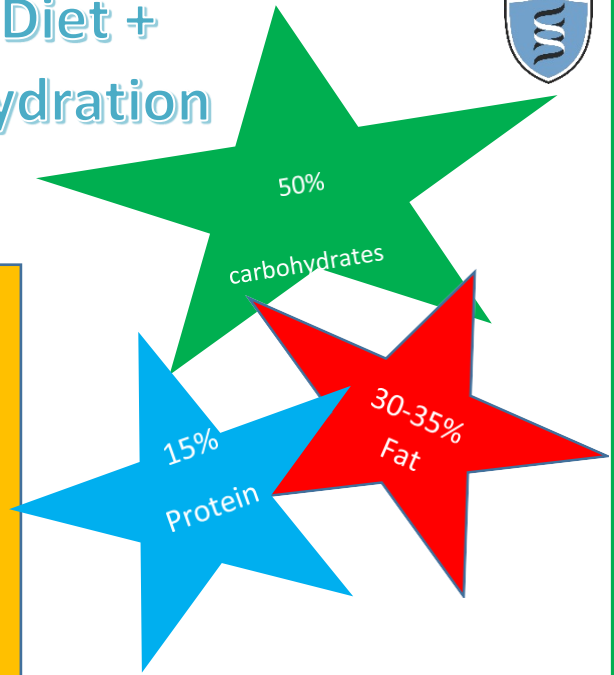
A

A Balanced diet = A diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health.

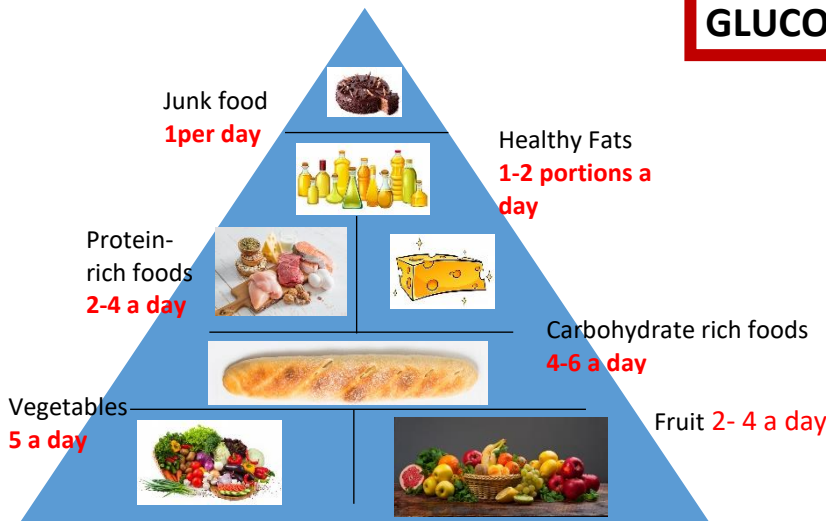
Diet + Hydration



Carbohydrates	} Known as macronutrients - essential nutrients required on a large scale to help body functions
Proteins	
Fats	
Water	} Known as micronutrients - nutrients required on a small scale (trace minerals) to maintain body functions
Vitamins	
Minerals	
Fibre	



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ENSURING THE BODY HAS ENOUGH GLYCOGEN, IS CRUCIAL FOR ENERGY SUPPLY

CARBO-LOADING

CUT DOWN ON CARBS FOR 3 DAYS (6 DAYS PRIOR TO EVENT)

EAT PROTEINS/FATS + LIGHT TRAINING

3 DAYS BEFORE EVENT – CARB-RICH DIET

CARBOHYDRATES	PRIMARILY INVOLVED IN ENERGY PRODUCTION. SIMPLE (QUICK ENERGY) AND COMPLEX (SLOW RELEASED ENERGY).
FATS	MAJOR SOURCE AT LOW INTENSITY EXERCISE. INSULATE THE BODY. TWO FORMS: SATURATED WHICH IS IN THE FORM OF A SOLID AND FROM ANIMAL SOURCES. UNSATURATED , WHICH IS IN THE FORM OF A LIQUID AND FROM PLANT SOURCES.
PROTEIN	KNOWN AS BUILDING BLOCKS FOR THE BODY AND ESSENTIAL FOR REPAIR. PRODUCTION OF HAEMOGLOBIN. EXAMPLES INCLUDE MEAT, FISH AND POULTRY
VITAMINS	NEEDED IN SMALL QUANTITIES. VITAL IN PRODUCTION OF ENERGY AND PREVENT DISEASE. FOUND IN FRESH FRUIT AND VEG
MINERALS	ESSENTIAL FOR HEALTH AND FOR CHEMICAL REACTIONS. IMPORTANT MINERALS INCLUDE IRON AND CALCIUM
FIBRE	IMPORTANT FOR THE DIGESTIVE SYSTEM AND FOR WASTE TO BE EXCRETED EFFECTIVELY

B Water and Hydration

- Crucial for good health; particularly for athletes
- Carries nutrients in the body and helps remove waste products
- Important for regulating body temperature
- Body loses water through urine and sweat
- Daily consumption should be about 2 litres
- Athletes should consume more and drink during prolonged exercise to minimise dehydration and slow the rise in body temperature
- Should be chosen over a sports drink
- Best to drink small amounts regularly even if not thirsty

FACTORS FOR ATHLETES TO CONSIDER

- Timing of meals to fit around training
- Consume carbohydrates 2-4 hours before exercise
- Consume a small amount within the first half hour of exercise
- Eat straight after exercise for up to two days

