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NUTRITION

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PURPOSE OF THIS PRESENTATION

- To provide general nutrition information
- To highlight specific needs of athletes
- To develop an awareness of healthy eating
- To help identify sources of nutrition

WHAT DO WE MEAN BY NUTRITION?

- Fuel for our body
 - To keep us well
 - To help us think
 - To help us work

It keeps our body functioning efficiently and at max performance.

WHERE DO WE GET THIS FUEL?

- **Food**
 - everything that we consume.
- Not every food provides the same type or quantity of nutrients.

WHAT ARE THE MAIN NUTRIENTS THAT OUR BODIES NEED?

- **Water**
 - Hydration, our bodies are made of about 50% water
- **Proteins**
 - Used to repair and maintain our cells including growth
- **Carbohydrates**
 - Energy – short term
- **Fats**
 - Provides energy – longer term
 - There are good fats, unsaturated, and not so good fats, saturated.
- **Vitamins & Minerals**
 - Helps your body grow – very small amounts, large number of different types Vitamins

WATER - HYDRATION

- The body is 50%-60% water
 - If you loose 2% of your body weight due to sweating is enough to reduce your performance.
- Dehydration leads to
 - Loss of concentration
 - Tiredness and lack of energy
 - Headaches

PROTEIN; HOW DO WE GET PROTEIN?

- Cheese
- Eggs
- Meat & Fish
- Milk
- Milk products
- Nuts
- Oats
- Seeds

CARBOHYDRATE; HOW DO WE GET CARBOHYDRATE?

GOOD CARBOHYDRATES

- Grains
- Lentils
- Couscous
- Bread
- Pasta

8 LESS GOOD CARBOHYDRATES

- Sugars
 - Sweets
 - Sweet breakfast cereals
 - Cakes
- White Rice
- White Bread

FAT; HOW DO WE GET DIETARY FAT?

UNSATURATED FATS

– PREFERRED

- Olive oil
- Salmon
- Nuts & Seeds
- Avocados

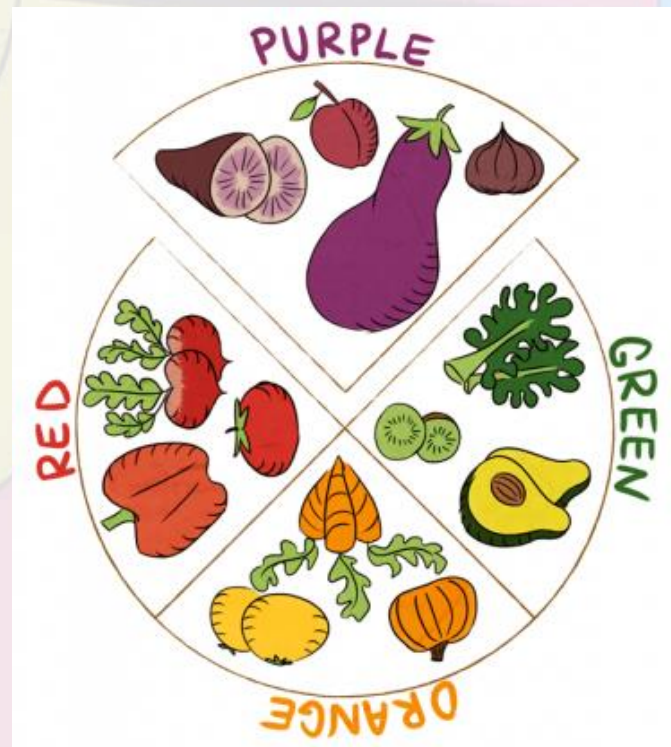
SATURATED FATS

– LESS PREFERRED

- Fatty meat
- Butter
- Cream
- Cheese

VITAMINS & MINERALS; WHERE DO WE GET THESE?

- Vegetables
 - Fruit
 - Nuts
 - Cereals
- Generally the more colourful your plate, the better it is for you.



CONFLICTS?

Cheese - High in Protein - **GOOD**

+ - High in Saturated fat - **NOT SO GOOD**

- All food types have multiple parts
- Very important that you eat a balanced diet
 - To do this it is Very important that you eat an educated diet
 - You may “need” a cheese sandwich to boost your protein following exercise and in this case the benefit of the increased protein outweighs the fact that it contains less preferred fat.

ARE ALL FOODS INSTANT – LIKE REFUELLING YOUR CAR?

- No
- Glycaemic Load
 - A number given to food types that indicate how quickly they are absorbed and used by the body. The higher the number the quicker they are absorbed and used.
 - Sugar rush – HIGH GI ~100
 - Sugar has a very high Glycaemic load, you get suddenly very active and then crash equally quickly
 - Sustaining foods – LOW GI
 - Rice, pasta, cereals have a low Glycaemic number meaning they release their energy slowly over time.

WHAT DO WE NEED AS ARCHERS OR ATHLETES?

LOW GLYCAEMIC LOAD FOODS

- Keep us going the whole day
- Keep us on an even keel
- Prevent us from getting over excited
- Allow us to work without too many stops for refuelling

“FOODS” THAT BOOST YOUR ABILITIES

IN A GOOD WAY

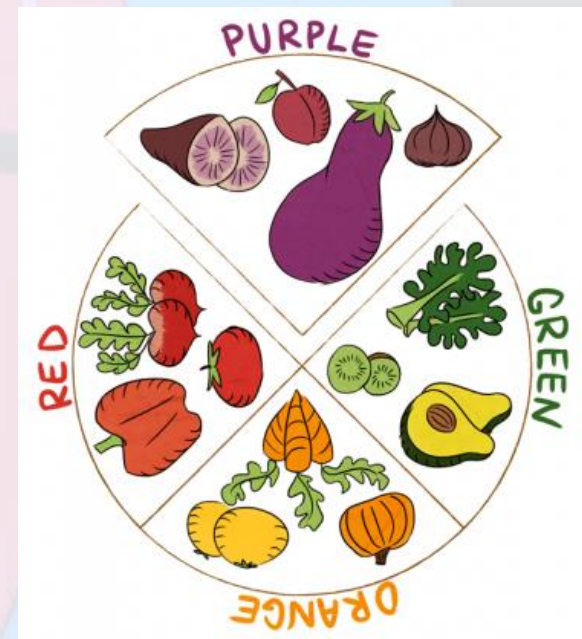
- Low Glycaemic foods
 - Start of the day, breakfast, snacks through the day
- Protein
 - After a gym/shooting session, within 45 minutes.
- Water
 - During and after exercise

NOT IN A GOOD WAY

- Artificial food additives
 - Protein supplements
 - Not always as pure as you expect
 - Nothing that can't be found in “normal” food
- Sports drinks
 - Claim rehydrate better than water
 - True to some extent but more true for those sports that cause a lot of sweat

WHAT YOU HAVE LEARNED TODAY

- Food and Water are your bodies fuel
- Foods are not all the same
 - Therefore you need to eat a balanced diet
- Complex Carbohydrates like Cereals, Rice, Pasta & Nuts provide slow release energy
- Hydration – drink before you are thirsty is important.
- Eat a colourful plate



QUICK QUIZ

Q1. List the main nutrient parts of food as discussed today (5)

Protein
Carbohydrate
Fat
Water
Vitamins and Minerals

QUICK QUIZ

Q2. Why do we need to eat healthily?

To all our body to work efficiently and to its best performance.

QUICK QUIZ

Q3. When is a good time to take a drink?

- Before exercise
- During exercise
- After exercise
- Before you are thirsty

QUICK QUIZ

Q4. Some foods release their energy slowly (low Glycaemic index) and some release their energy quickly (High Glycaemic index) which is better for a long day shooting?

Low Glycaemic index foods, those that release their energy more slowly

QUICK QUIZ

Q5. Vegetables come in different colours, I can choose the colour I like best, it makes no difference True/False

False

A good variety of all colours is best

QUICK QUIZ

Q6. Name 2 types of food containing carbohydrate that you like.

Grains/Cereal products

Bread, rice, couscous, Pasta

Dairy products

Milk, yogurt

Fruit

Legumes

Beans, Lentils, peanuts, soybeans

QUICK QUIZ

Q7. Because shooting a competition can take most of a day, it is a good idea to snack during the day, suggest 2 or 3 foods that you would put in your snack.

Nuts

Dried Fruit

Fruit

Cereal bars (low fat & sugar)

QUICK QUIZ

Q8. How can you recognise that you have not drunk enough?

Feel thirsty

Headache

Feel lacking in energy

Feel grumpy

Loss of concentration

QUICK QUIZ

Q9. What is the advantage of having porridge, cereals etc. for breakfast?

It releases its energy over a long period of time so keeping you feeling and performing better for longer.

QUICK QUIZ

Q10. A balanced diet includes a good mix of food types, including protein, carbohydrate, fat, vitamins & minerals from meat/protein alternative, vegetables, grains/seeds, potatoes/pasta etc. True/False

True

Different foods provide different type of nutrients, you need to vary your diet and add in lots of different types of foods to make sure you get a good balance of everything your body needs.

THANK YOU

A copy of this will be on

www.emas-atc.org

very soon if you want to go back
for another look.