



### General Sports Nutrition

The diet should consist of a wide variety and sufficient amount of foods - breads and cereals, fruits and vegetables, dairy products and protein sources - to ensure that nutrient requirements are met.

Sources of Calories: General Recommendations: % of total calories consumed.

Carbohydrates	55-65% (i.e. starch, pasta, broth, cereal, potato, rice, sugar, sweets)
Protein	15-20% (i.e. meat, fish, dairy products, eggs)
Fats	25-30% (i.e. butter, meat, fried products, nuts)

The exercising athlete requires approximately 250-500ml of fluids 30-60 minutes before activity and 125ml fluids for every 15-20 minutes of exercise. Fluids and high carbohydrates foods/fluids should be available to the athletes at practices, competition and regularly throughout the day. Good choices would be water, juices, sport drinks, dried and fresh fruit.

If packed lunches/snacks are to be used for all day events they should include high carbohydrate foods especially from the 11 to 20 grams of carbohydrate per serving group.

When preparing the menus for the competition please consider the following recommendations.

1. Low fat protein sources should be available. ie: lean beef, skinless chicken, fish, legumes.
2. Use broth or stock rather than cream soups.
3. Avoid deep fried foods, instead have baked, broiled, roasted or barbecued foods.
4. Low fat dairy products should be available such as 1% milk and low fat yoghurt.
5. Please keep all sauces to the side. The availability of tomato, low fat milk and broth based sauces would be preferred.
6. Please have a vegetarian selection available. Preferably vegan with no meat, fish, poultry, dairy products or eggs.
7. Breakfast should be available a few hours before the first morning event. The dining hours should consider the schedule of the athletes so that all competitors have access to three meals per day, late night snack and replacement fluids and carbohydrates after competition and practice.
8. Plain rice, pasta, potatoes, breads should be available at all hot meals.