

A Healthy Diet

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A Healthy Athlete

Miss Charlotte Annal BSYA.s.n.s.m
Charlotteannal@yahoo.co.uk

What makes an athletes diet simple but effective?

1. Carbohydrates
2. Protein
3. Fats
4. Water

Our body needs a great deal of carbohydrates to function on a daily basis. There is no difference for an athlete that is training 3 to 4 times a week.

70% of our diet needs to be carbohydrates.

These should include:

1. Pasta
2. Potatoes
3. Beans
4. Fruit

Carbohydrate is the easiest part of our diet to digest within the body. It is also the quickest to be broken down and turned into energy.

Although this does not mean it is the best thing to feed our body before a competition.

Proteins are often the part of our diet that the athlete believes they need to have a lot of.

FALSE

Proteins are actually dehydrating on the body. Our body naturally has the correct amount of protein to function fully.

If we overload on protein we will not perform any better.

10% of our diet should be protein.

1. Fish
2. Meat
3. Poultry
4. Milk
5. Dairy products

The above should be included in our diet but not to excess.

Excess protein will be stored as fat.

Fats are always the part of our diet that people feel have to be avoided.

FALSE

They are actually needed to absorb vitamins we need.

20% of our diet needs to be fat.

Saturated (bad fat)

1. Whole milk
2. Egg yolk
3. Butter
4. Mayonnaise

Monounsaturated (good fat)

1. Peanuts
2. Avocado
3. Olives
4. Cashew

Polyunsaturated (very good fat)

1. Cod liver oils
2. Nuts and Fish
3. Sunflower
4. Soybean

Water aids dehydration.

8 glasses of water is recommended a day for the body to maintain the levels of fluids and chemicals needed.

Semi-dehydration is shown when passing of urine is less than 5 or 6 times in a 24 hour period.

Fruit Juice, Sports drinks, milk

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Full of sugar and sodium

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They do not leave the body in time for
the needs of working muscles

Water must be the 1st choice for fluid replacement

Eating lots of carbohydrates is not recommended on the run up to an event. The best way is to maintain an excellent diet with the correct amounts of carbohydrates, protein, fats and water. You will also receive adequate amounts of vitamins and minerals from your daily diet. This way you are achieving the best you can while maintaining the diet that your body is used to.

Skimmed milk, potatoes, pasta and vegetables should be the main part of an athletes diet.

The athlete needs quality fuel entering their body and sound nutritional knowledge. This is just as important as time spent on the track or in the gym.

REMEMBER

You only get good things out if you put good things in!