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## Nutrition For Better Health & Superior Performance A fresh food philosophy

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THE REAL FOOD PYRAMID

### Nutrition For Better Health and Superior performance

- Every food or drink that you put in your mouth has the potential to improve or impair your health, recovery and performance
- Eating a diet that is nutritious and beneficial to your health should be an enjoyable experience every day
- You don't need to count calories, it is more important to focus on the quality of your daily food choices while being aware of foods that are high in calories vs low in calories
- Align your energy and carbohydrate needs to your level of activity – i.e. if you are highly active on a certain day you require more energy and carbohydrate vs days you are less active
- Avoid processed foods that contain added sugars and preservatives
- Eat natural food at each meal – (vegetables, fruits, wholegrains, nuts, seeds, fish and unprocessed meats)
- Be aware of where your food is produced and support local producers when possible
- Don't underestimate the value of having the necessary cooking utensils in your home, this includes a non stick pan, a sharp durable knife and peeler, a blender, bowls and tupperware for storing ingredients and cooked food
- When aiming to improve your diet focus on one aspect at a time. For example, if its breakfast become consistent at eating a healthy breakfast and then build on that by focusing on the next area of your diet that you can improve

### Practical ways to improve your eating habits

- You must embrace cooking!
- Plan your meals each day, breakfast, snacks, lunch and dinner
- Schedule your shopping trip early in the week
- Use air tight containers for your nuts, seeds and grains
- Always have some frozen fruits and vegetables in your freezer
- Chop up a large batch of vegetables and refrigerate
- Make a batch of granola bars / oat bread for snacks
- Make a large batch of chicken curry or shepherds pie that will last for 2-3 days – cook once eat twice
- Have a smoothie for breakfast if you are rushed for time
- Make a fruit salad early in the week to use for snacks
- Use a 1 litre bottle to measure water consumption and monitor your urine colour to asses



### Nutrition For Superior performance

- Preparation is key for consistent performance
- Develop a consistent nutrition strategy around your training and competition
- Make sure to always have a recovery snack for recovery after intense training sessions
- Monitor your hydration daily by paying close attention to your urine colour.

Carbohydrate is the most important fuel for high intensity exercise, it is essential that at least 60% of energy intake is consumed from complex carbohydrate sources during training and competition phases. Natural sources of carbohydrate foods are best, i.e. fruit, oats, sweet potatoes, rice, millet and buckwheat. Quality protein is also vital for recovery, choose lean beef, eggs, chicken, turkey, prawns, salmon, other fish and lean pork.

### The days leading up to competition

It is imperative that you eat well in the days leading up to the competition. Nutrition in the 1-2 days before performance is equally important to competition day. Meals should include rich sources of carbohydrate like oats, fruit, rice, pasta, sweet potatoes, whole grain bread and a good source of protein. (Tuna, lean beef, skinless chicken breast or turkey).

**Do not consume** sugary cereals, fizzy drinks (including energy drinks) or greasy or fatty foods on the day of a game, also avoid high fibre foods like beans and celery. These foods will reduce the rate of digestion and may cause gastro upset while exercising. Fatty foods include butter, sausages, vegetable oil, confectionary, pastry, chocolate, mayonnaise and fried foods.

### Hydration:

On competition day consume 1 pint of water within 2hrs of exercise. Monitoring urine colour is a good way of measuring hydration. The darker the colour the more dehydrated you are and lighter the colour the more hydrated you are. It is essential to be well hydrated before the onset of exercise.

**During exercise:** Drink when you can, make use of breaks in play. Ideally consume 2-3 mouthfuls of a sports drink or water every 10 minutes.

**Preparation:** Competition day, In the 8 h before competition consume 2-3 light meals. Your stomach should be empty before playing so eat at least 3 hours before the onset of exercise. Carbohydrate sources should come from foods like rice, sweet potatoes, regular potatoes fruit and cereals.

**Recovery: Always eat within 30 minutes of finishing training - This post-exercise window of opportunity** is critical for recovery.

**Food here should contain sources of both carbohydrate and protein.**

- Meals provided after training have **emphasis on carbs and protein.**
- Plenty of colour i.e. fruit and veg as these are the foods that contain nutrients that speed recovery.