



Philippa Parish Nutrition

BSc (Hons) Dip ION MBANT NTC & CNHC Registered Practitioner

Phone: 0117 9863700 Mobile: 07970 950 839

E-mail: philippaparish@blueyonder.co.uk Web: www.philippaparish.com

Eating for Training Sessions- aerobic

Pre-training meals – Carbohydrate-rich

Eaten 3-4 hours before. Chew thoroughly!

Aims

1. increase liver and muscle glycogen stores.
2. help reduce muscle fatigue

Features

- Must be easily digested- *Stomach should be empty at the start of training (especially when swimming)*
- A large amount (1 ½ - 2 times the usual amount) of moderately fast-release carbohydrate (not too much fibre). Moderate protein and fat.

Too much fibre, fat and protein tends to slow down digestion and so could lead to cramp.

Examples

- Porridge, muesli, or Ready Brek-type cereal (made with milk) and chopped apple
- Toast with baked beans/boiled/ scrambled egg, or an omelette.
- Tuna, lettuce and tomato roll
- Banana and peanut/nut butter sandwich.
- Live yoghurt smoothie with banana, orange, plums, strawberries etc.

To Drink – a large glass of apple/orange juice diluted 50% with water.

For an early morning swim, or for 1 - ½ hour before a session

- Yoghurt blended with bananas, pears, apples, nut butter
- Bananas, pears, apples, flapjacks.
- Ready Brek made with semi-skimmed milk with grated pear.

Refined sugary foods (biscuits, sweets, chocolate, pure fruit juice) eaten less than an hour before a swim:

- send blood sugar levels soaring (feel energetic and full of energy).
- slow down digestion and stomach emptying, which may affect the speed of fluid absorption into the body and lead to dehydration.
- Could encourage cramp.

These high sugar levels tend to produce an energy crash during your session and could leave your muscles and brain short of fuel (this may affect muscle strength, fatigue status)

Post-training meals –Carbohydrate and protein

Aims

1. Replace fluid and electrolytes (sodium, potassium, magnesium, calcium etc.)
2. Replacing glycogen stores
3. Repairing damage to muscles. Damaged muscles fibres increase the time taken to replenish glycogen stores

There is a 2 hour (**ideally ½ hour**) window when muscles have a more rapid uptake of carbohydrate into their cells (a sponge effect). This is the ideal time for the isotonic drink.

Features

- Fast and moderate-release carbohydrates
- Protein to help repair tissues damage and for muscle growth.
- Anti-oxidants to help the immune system repair any physical damage and “mop” up free radicals (oxidative damage) produced during exercise.
- Vitamins and minerals to aid the digestion of food, “run” biochemical systems in the body (such as converting glucose into glycogen), build/repair new tissue (e.g. muscles, bones).

Examples

- Hypertonic drink with some protein (cheese, chicken, ham)
- Milk/yoghurt fruit smoothie with added whey powder/nut butter (Meridian Foods)
- Eggs, beans on toast (breakfast)
- Bacon sandwich
- Cold Spanish omelette made with lots of potatoes added
- Sandwiches, wraps, rolls, with a double filling of meat/fish/egg/cheese
- Baked potato with beans/ cheese/ tuna/chicken / Bolognese/ chilli con carne sauce
- Tomato pasta bake with salmon/bacon/cheese etc
- Chilli/curry with rice (mild heat only)
- Shepherd’s pie
- Thick stews with bread
- ALL made with a good helping of vegetables, such as onions, tomatoes, peppers, broccoli, peas, sweetcorn, salad, carrots, cabbage, cauliflower.

Eating for /Competitions - anaerobic

Pre and Post meals are the same as for training sessions

During competitions- easily digested carbohydrate

Aims

1. To keep glycogen stores replenished
2. To keep hydrated

Features

- Easily digested to prevent gastric disturbance and cramp
- Carbohydrate-based
- Minimum protein, fat and fibre
- Small quantities
- **Chew thoroughly**

Examples

- Isotonic drink (preferably homemade – see separate sheet)
- Rice/oat cakes – unflavoured
- Porridge/Ready Brek made with 50% semi skimmed milk and water
- Fruits – bananas, apples, pears
- Fruit yoghurts
- Rice pudding
- Pasta with a tomato-based sauce.
- Home made fruit/apple/carrot cake (good quality ingredients), or home made flapjack.

It is advisable to consult your doctor of any changes you intend to make to your diet, especially if you are on medication. Nutritional therapy should not be considered a replacement for conventional treatment.