

FUEL YOUR FUTURE

SPORTS NUTRITION ADVICE FOR YOUNG ATHLETES

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WHY IS DIET IMPORTANT FOR SPORTS PERFORMANCE?

HEALTHY DIET



Energy availability

General level of health

Improved recovery from injuries

Stamina and athletic performance

Growth and development



GETTING THE BASICS RIGHT!

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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WHY SPORTS NUTRITION?

“Sports nutrition enhances athletic performance by decreasing fatigue and the risk of disease or injury.”

“Sports nutrition enables athletes to optimise training and recover faster.”

Purcell, Paediatr Child Health, 2013





MEETING ENERGY NEEDS

Estimated Calorie Requirements by Age and Activity Level

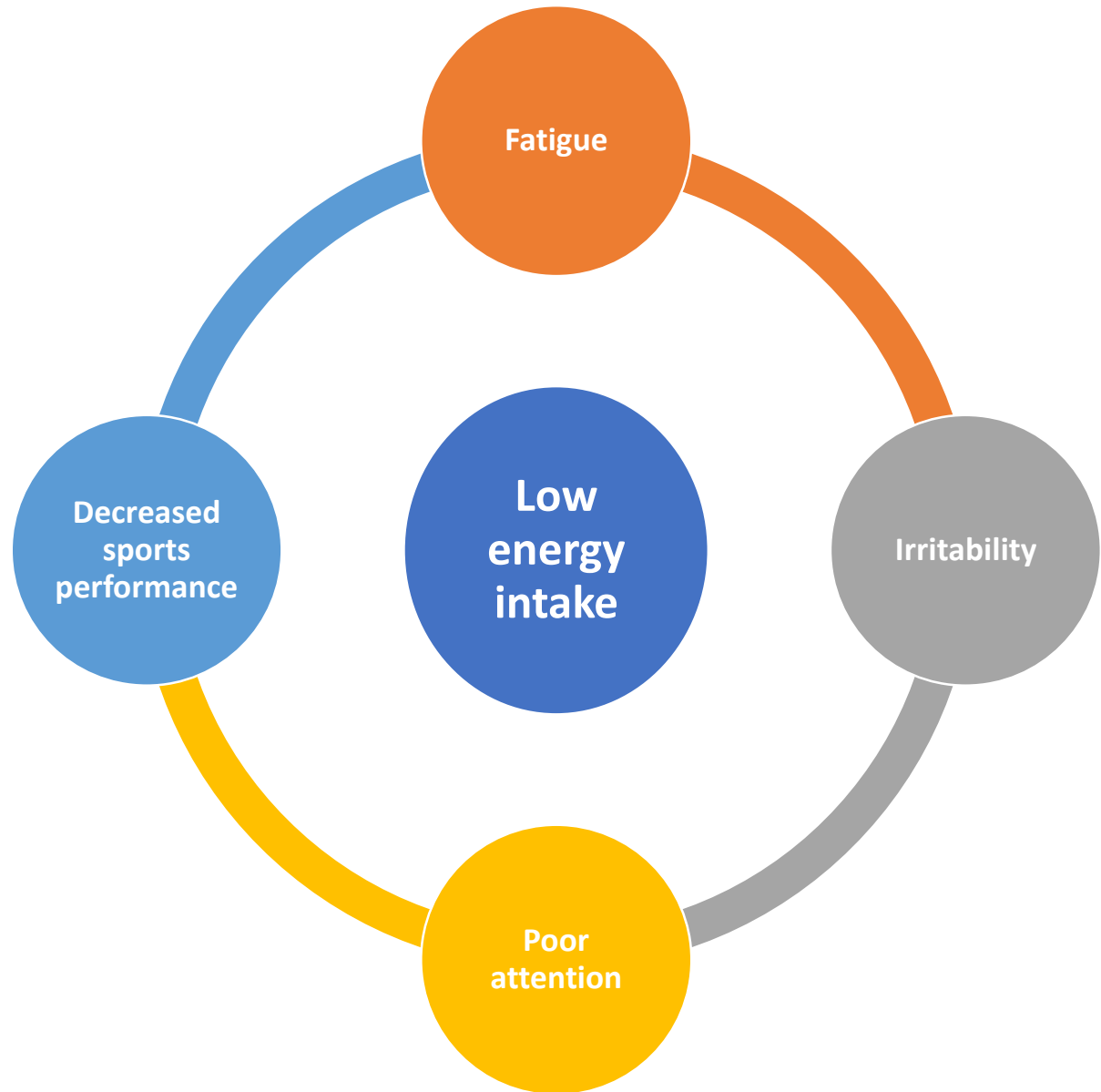
Gender	Age	Sedentary Activity	Moderate Activity	Active
Young child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	2,000	2,000	2,400
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200

Energy: prediction equation includes weight, height, extra energy for deposition, and physical activity (4 levels)

^b Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
^c Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life
^d Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
^e The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

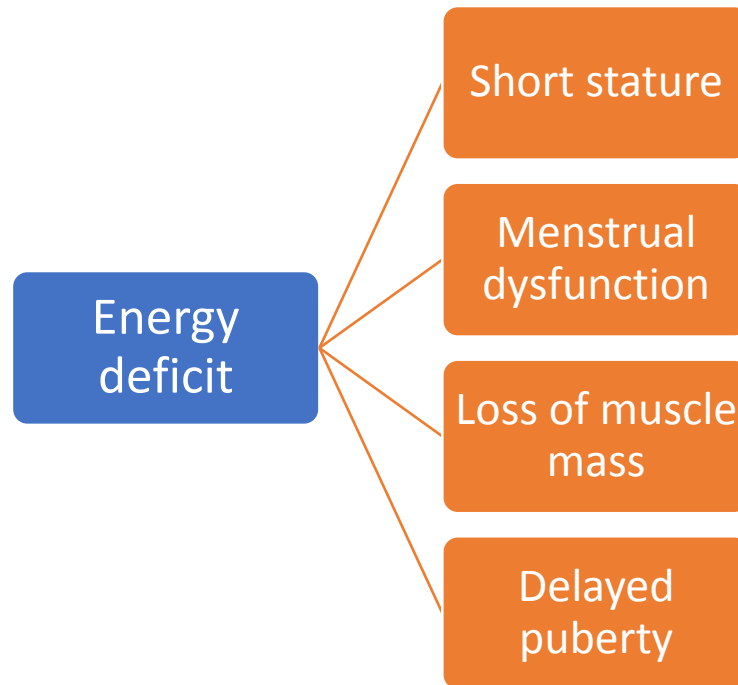


MEETING ENERGY NEEDS





MEETING ENERGY NEEDS



- Youth and collegiate athletes **consistently under-eat.**
- From 345 collegiate athletes both genders eat well under their recommended needs, with only 15% consuming enough CHO and 26% eating enough PRO. In the study, the majority of female athletes (62%) wanted to lose at least 5 pounds.

Int J Sport Nutr Exer Met. 2004;4:389-405

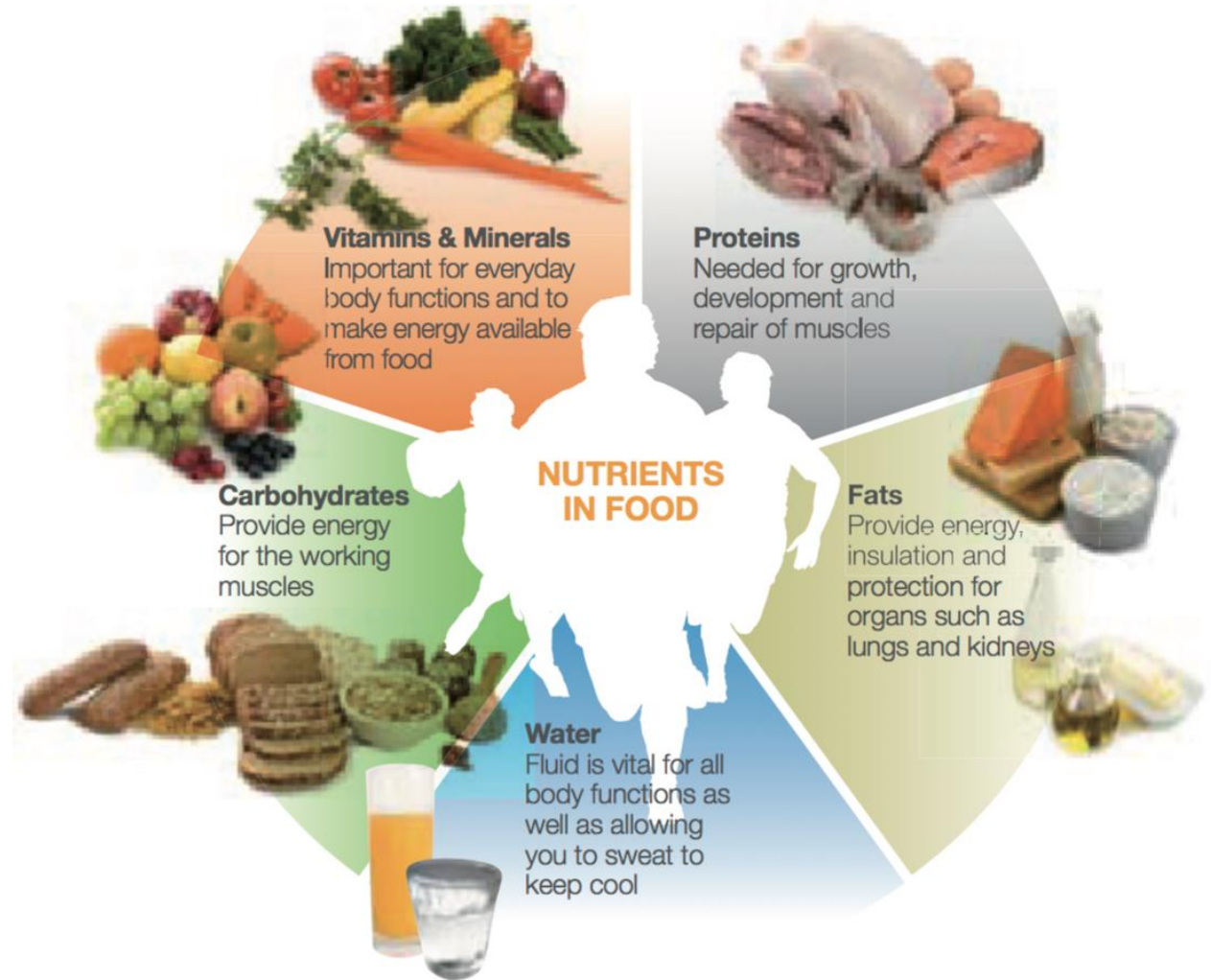
MEETING ENERGY NEEDS

Consequences of **chronic negative energy balance** in athletes

- Weight loss (muscle loss)
- Strength loss
- Inability to adapt to training regimen
- Diminished performance
- Soreness, joint pain
- Chronic fatigue
- Vitamin and mineral deficiency
- Respiratory infections
- Decreased bone mineral density
- Overtraining syndrome**



NUTRIENTS & FOODS





CARBOHYDRATES

Readily available source of food energy for the exercising muscle

Primary fuel source for high intensity training

Carbohydrates

Exclusive fuel source for the brain and the nervous system

Pre-exercise: delay in fatigue
During exercise: maintain glucose availability
Post-exercise: muscle fuel storage

CARBOHYDRATES: FOOD SOURCES

Complex

- Grains (i.e. rice, wheat, corn), beans, potatoes

Simple

- Sugar, honey, syrups, hard candy, sports drinks





CARBOHYDRATES: FOOD SOURCES

Table 2A: Best Carbohydrate Choices for Sustained Energy

Whole Wheat	Beans/Peas	Starchy Vegetables
Pasta Rice Bread Pita Tortillas English Muffins Bagels Cereals Oatmeal	Dried beans and peas Black beans Kidney beans Garbanzo beans Lentils	Squash and zucchini Eggplant Corn Carrots Green beans/peas Sweet potatoes
Vegetables		Fruit
Broccoli Spinach/collard greens Mushrooms Romaine lettuce Tomatoes Peppers		Apples Bananas Grapes Nectarines/peaches Oranges/grapefruit Peaches Plums

Table 2B: Carbohydrate Choices to Minimize

Breads	Vegetables	Fruits
Muffins Biscuits Cinnamon rolls Coffee cake Croissants Danish pastries Doughnuts Pies	"Corn" chips Onion rings French fries Potato chips Vegetables cooked in butter Vegetables in creamy sauce	Fruit pastries Fruit canned in syrup High sugar "fruit" juices Fruit salad with creamy sauce

CARBOHYDRATES: HOW MUCH?

Young athletes training 1-2 h/d = 5 – 7 g carbohydrate/kg BW/day
training >2 h/d = 7 – 10g/kg BW/day

60kg athlete training 1-2 h/d = 360 – 420g carbohydrate daily

Young athletes should be able to meet their carbohydrate requirements by eating.

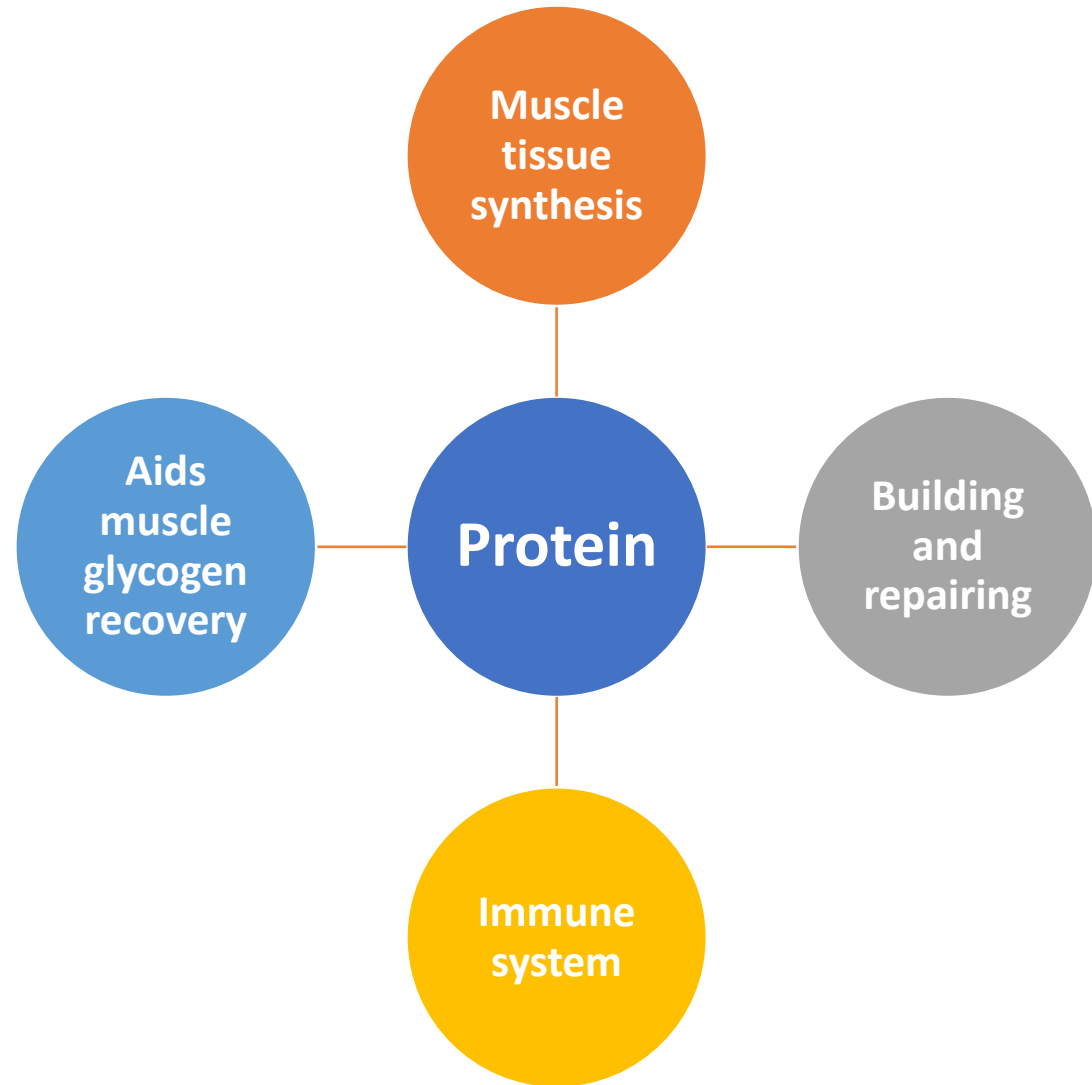
4 – 6 portions of grains/ potatoes,
5 portions of fruit/ vegetables and
2 – 4 portions of dairy products

One portion of grains/potatoes is equivalent to two slices of bread or 150g potatoes; a portion of fruit is equivalent to a banana, and a portion of dairy is equivalent to a glass (200ml) of milk.





PROTEIN



A vertical collage of six action shots from various sports. From top to bottom: 1. A group of young boys in blue and white striped soccer uniforms playing on a grass field. 2. A basketball player in a blue jersey with the number 5 dribbling the ball while being defended by a player in a white jersey. 3. A tennis player in a white shirt and red shorts swinging a racket to hit a backhand shot. 4. Two field hockey players, one in a white jersey and one in a blue jersey, competing for the ball with their sticks. 5. Four male track athletes running on a grass field; two are wearing white jerseys with 'E DETER' and the number 1, and one is wearing a maroon jersey with 'SPR'. 6. A basketball player in a blue jersey with the number 5 dribbling the ball while being defended by a player in a white jersey.



A vertical collage of six action shots from various sports. From top to bottom: 1. A group of young boys in blue and white striped jerseys playing soccer on a grass field. 2. A basketball player in a blue jersey with the number 5 dribbling the ball while being defended by a player in a white jersey. 3. A tennis player in a white shirt and red shorts hitting a backhand shot on a green court. 4. Two field hockey players, one in a white jersey and one in a blue jersey, competing for the ball with their sticks. 5. Four male track athletes running on a grass field; two are wearing white jerseys with 'E DEXTER' and the number 1, and one is wearing a maroon jersey with 'SPRINT'.

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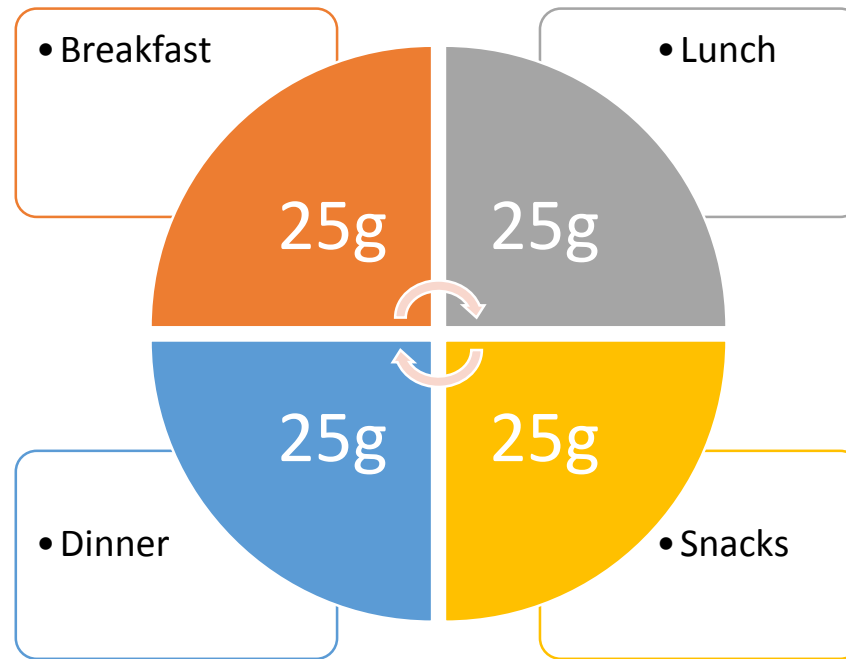
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





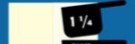


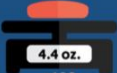
















PROTEIN: HOW MUCH?

Young athletes may require anywhere from 1.0 to 1.6 grams of protein per kilogram body weight per day.

60kg athlete = 60 – 100g carbohydrate daily



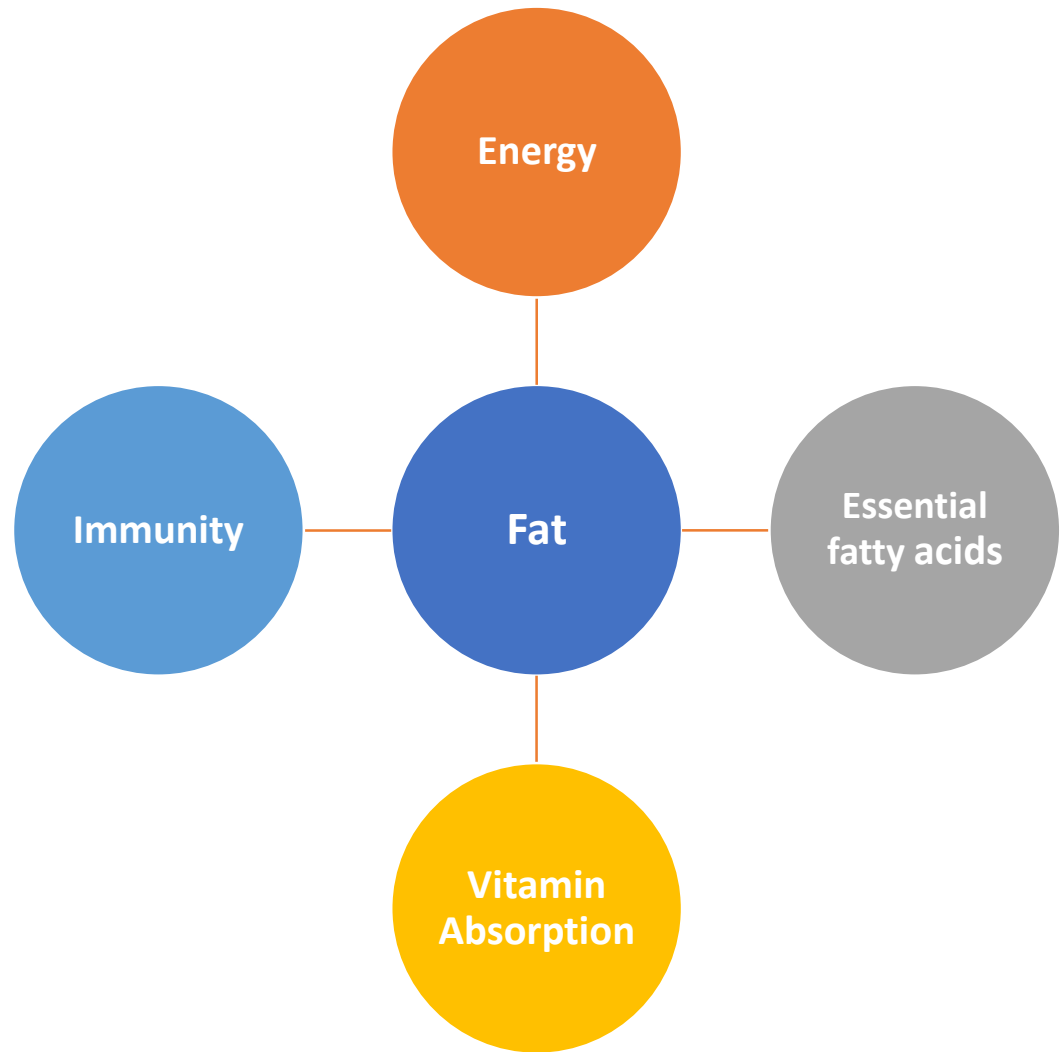
PROTEIN: WHAT 25g OF PROTEIN LOOKS LIKE

 3 oz. ~90g roast turkey	 3.3 oz. ~100g flank steak	 3 oz. ~90g chicken breast	 4 mozzarella string cheese sticks	 ~30g 1 oz. seltan	 ~150g 5 oz. tempeh
 4 oz. of meat is about the size of a deck of cards	 3 oz. ~90g pork chop	 3.3 oz. ~100g ground beef	 1 cup lentils	 1 1/4 cup tofu	 1 1/2 cups black beans
 2/3 can of tuna	 4.4 oz. ~130g salmon	 8 medium shrimp	 3 cups cooked quinoa	 7 tsp smooth peanut butter	 17 cashews
 6 medium oysters	 ~140g 4.6 oz. lobster That's a little more than the average lobster roll.		 95 peanuts Caution! That's nearly 600 calories and 50 grams of fat!	 100 almonds	 1-2 scoops protein powder
 1 cup cottage cheese	 1 cup Greek yogurt	 2 cups plain low-fat yogurt			
 3 cups cow's milk	 4 cups soy milk	 4 hard-boiled eggs			





FAT





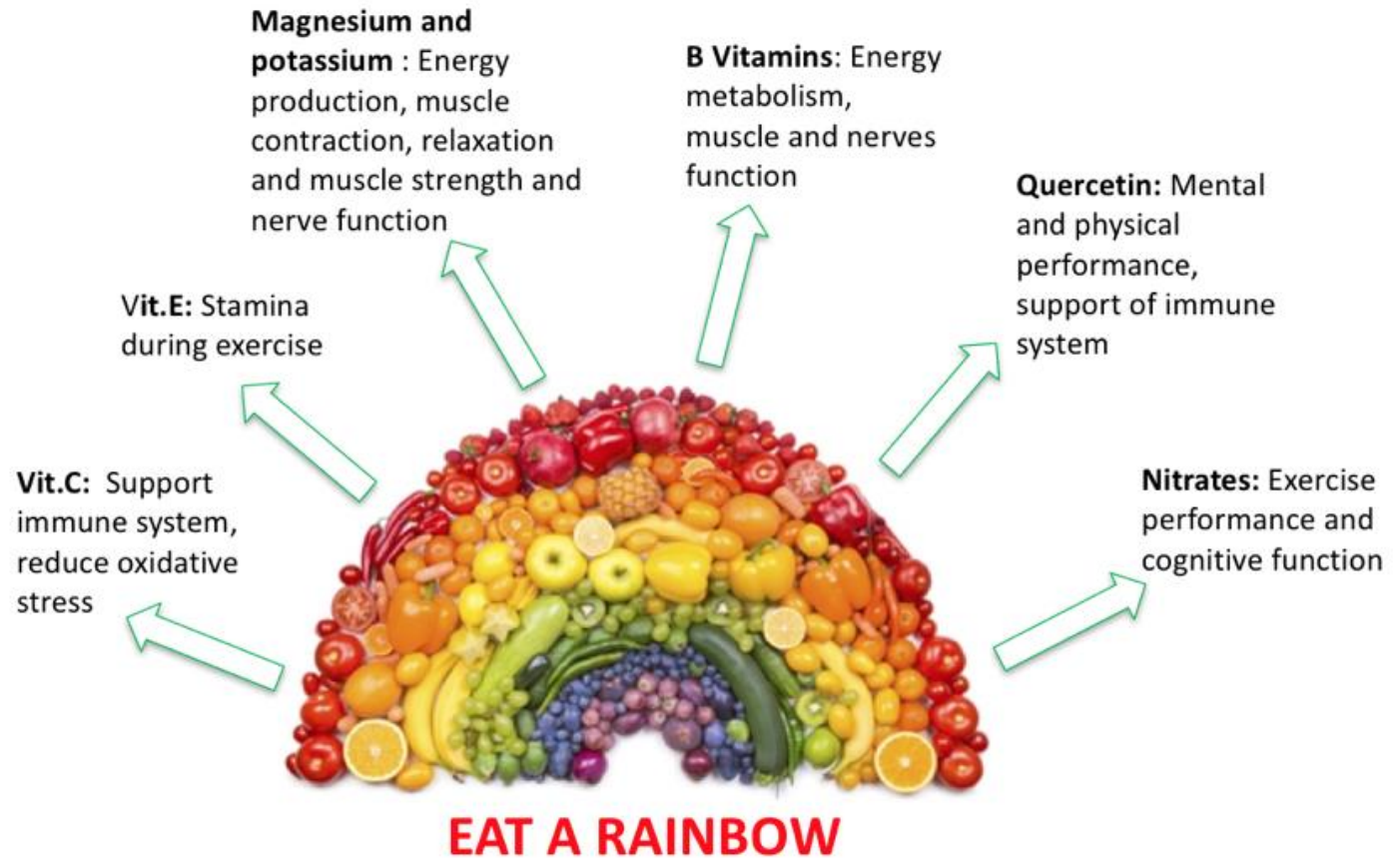
FAT: FOOD SOURCES



Table 4: Examples of Healthy and Unhealthy Fat Sources

Healthy Fat Sources	Unhealthy Fat Sources
Nuts and nut butters	French fries
Olives	Chips
Avocados	Doughnuts
Almonds	Commercial/packaged baked goods
Walnuts	Foods cooked in coconut or palm oil
Tuna	Cream
Salmon	Butter
Foods cooked with olive or vegetable oils	Fried foods
	Fatty meats (bacon, sausage, pepperoni, bologna, salami)

EAT A RAINBOW



KEY NUTRIENTS FOR YOUNG ATHLETES



IRON



CALCIUM



VITAMIN D



ZINC

SPORTS NUTRITION – BEFORE TRAINING

WHEN TO EAT BEFORE TRAINING?



Optimal Timing: 2-4 hours before exercise
Meal : 3-4 before
Top-Up Snack: 30' - 1 h before



WHAT TO EAT BEFORE TRAINING?



Foods with high carbohydrate content
Include some protein and vegetables



SPORTS NUTRITION – BEFORE TRAINING

Pre-training meals

- Jacket potato with cheese, tuna or baked beans plus salad.
- Pasta with tomato-based sauce or pesto, a little cheese, and some vegetables.
- Rice, pasta or noodles with chicken, fish or beans; and vegetables.
- Bowl of wholegrain breakfast cereal with milk and banana.
- Porridge with milk, honey and raisins.
- Lentil/vegetable or chicken soup with wholemeal bread.
- Wholemeal sandwich/roll/ wrap filled with tuna/ cheese/ chicken/ peanut butter, and salad.

Pre-training snacks

- One or two bananas (or other fresh fruit).
- Handful of dried fruit and nuts.
- One or two oat-based cereal bars.
- Pot of fruit yoghurt and some fresh fruit.



SPORTS NUTRITION – DURING TRAINING

Training or competition lasting less than 60 minutes – **NOT NEEDED**

Training or competition lasting longer than 60 minutes – **fruit snacks (orange slices, melon and cantaloupe slices, dried fruit, sports drink**

MAINTAIN HYDRATION!!!!



SPORTS NUTRITION – AFTER TRAINING



Refuel

Repair

Rehydrate

SPORTS NUTRITION – AFTER TRAINING

Refuelling snacks and drinks

Each of the following provides 50-60g carbohydrate and 10 – 20 g protein

Consume ASAP after training

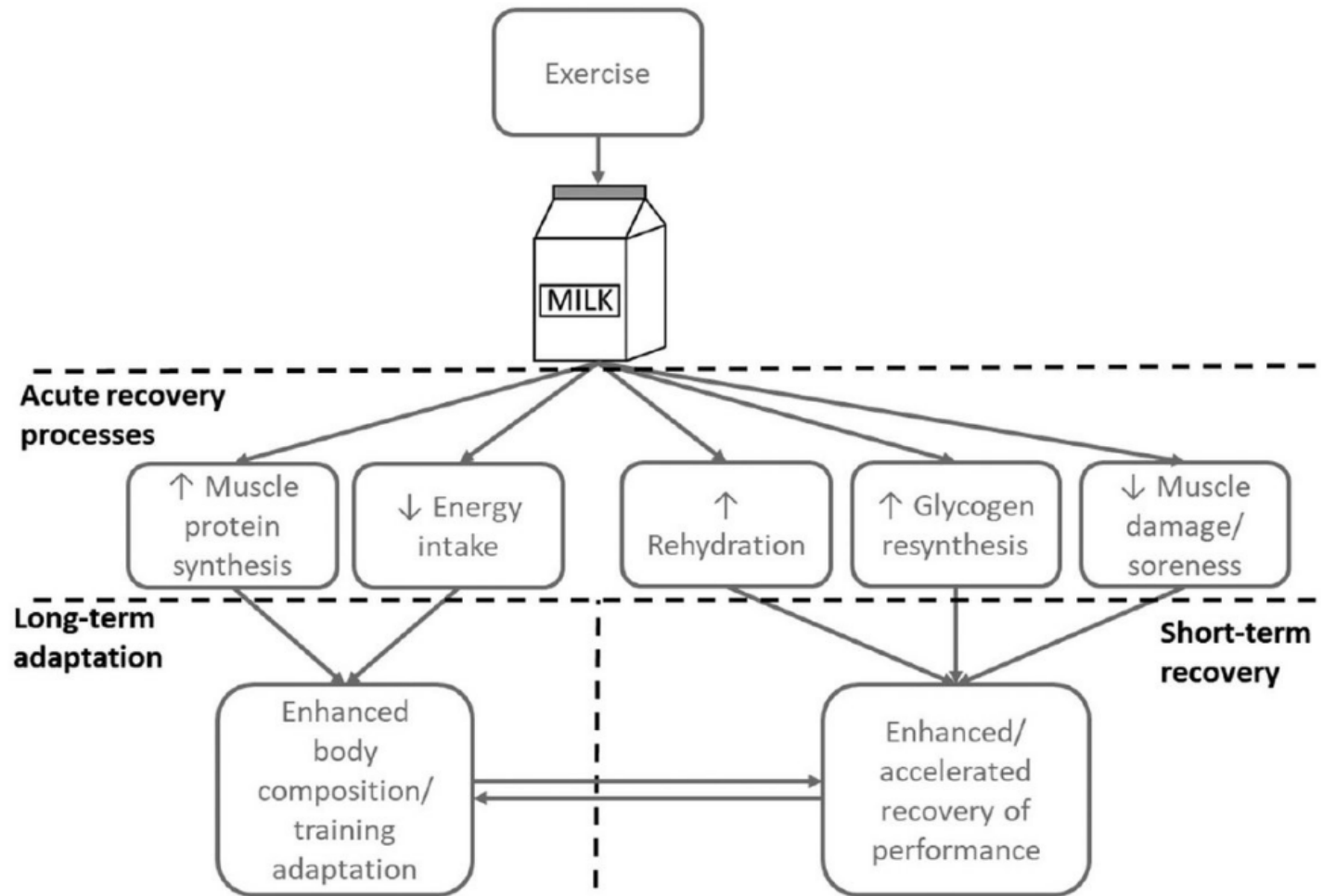
- **500 ml flavoured milk**
- One banana plus 500ml of milk
- 2 pots (2 x 150g) of fruit yoghurt
- One cereal bar plus 500 ml semi skimmed milk
- A smoothie – whizz 150g yoghurt, 1 banana and 150ml fruit juice in a blender
- A cheese sandwich (2 slices bread; 40g cheese)
- 60g raisins fruit and 50g nuts
- 4 rice cakes with 20g peanut butter plus 200ml orange juice

Refuelling Meals

- Pasta with tomato pasta sauce with grated cheese and vegetables
- Jacket potato, chicken breast, broccoli and carrots
- Bean and vegetable hot pot with wholegrain rice
- Rice with grilled fish and steamed vegetables
- Lasagne or vegetable lasagne with salad
- Fish pie with vegetables
- Chilli or vegetarian chilli with rice and vegetables
- Dahl (lentils) with rice and vegetables
- Chicken curry with rice and vegetables
- Mashed or baked potatoes with grilled salmon and salad



SPORTS NUTRITION – AFTER TRAINING



SPORTS NUTRITION – AFTER TRAINING

Chocolate milk

Carbohydrate: Protein = 4:1
CHO to replenish (lactose)
Protein to repair (whey)

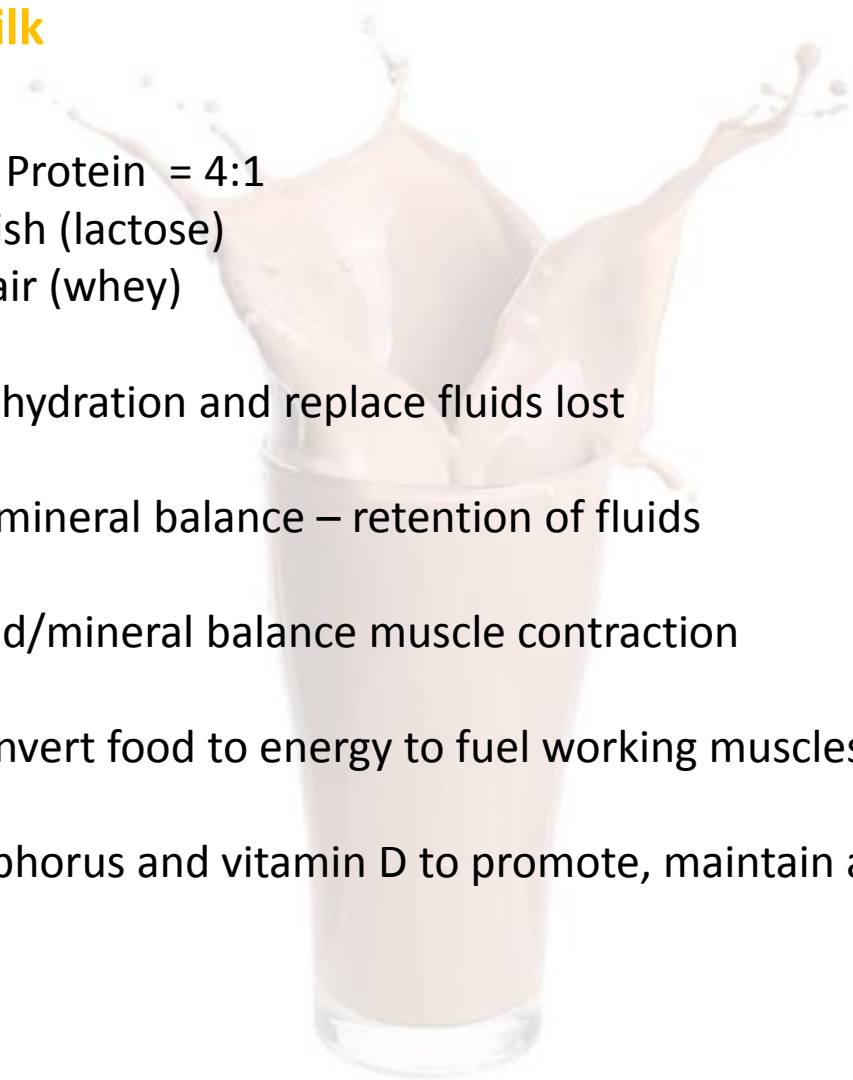
90% water for hydration and replace fluids lost

Sodium: fluid/mineral balance – retention of fluids

Potassium: fluid/mineral balance muscle contraction

B Vitamins: convert food to energy to fuel working muscles

Calcium, phosphorus and vitamin D to promote, maintain and build strong bones



SPORTS NUTRITION – HYDRATION



**HOW MUCH SHOULD
YOUNG ATHLETES DRINK
EACH DAY?**

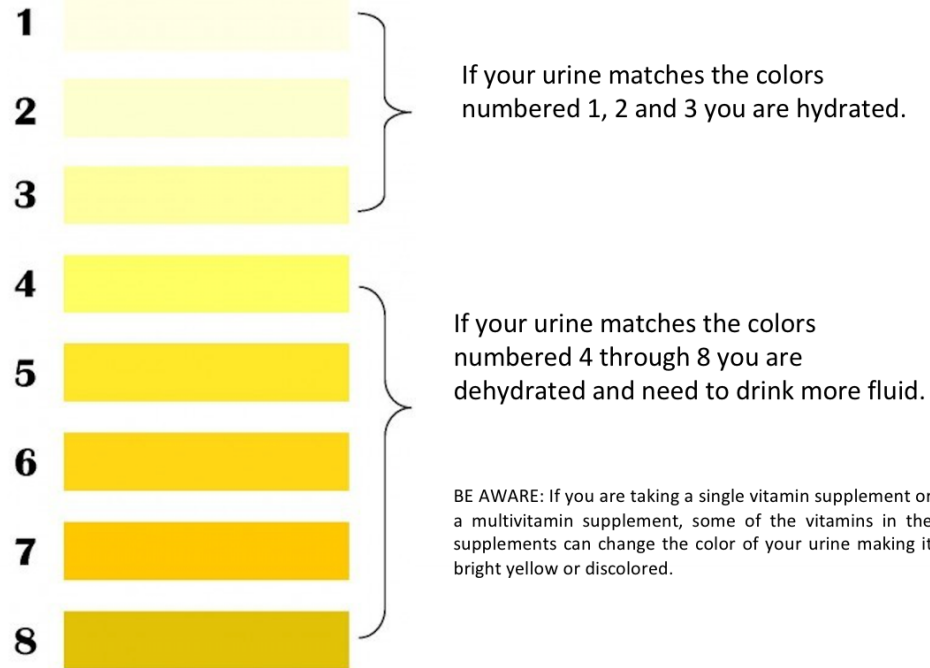


European Food Safety
Authority
9 – 13 years : 1.3 - 1.5 Lt/d
Over 14 years: 1.4 – 1.8 Lt/d

SPORTS NUTRITION – HYDRATION

Urine Color Chart

This urine color chart is only a tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



YOUR NOSE KNOWS! While some foods like asparagus, can cause your urine to smell different, a strong smelling odor can also be a sign of dehydration.



SPORTS NUTRITION – SPORTS DRINKS

- Uniquely designed to meet both energy and fluid needs of athletes
- Composition influences gastric emptying
- Carbohydrate solutions empty more slowly
- Most sports drinks contain:
 - 6-8% CHO in the form of glucose and glucose polymers
 - 20-60 mmol/L sodium
- Adding glucose stimulates sodium and water absorption
- Sodium increases thirst



Who needs sports drinks?

American Academy of Pediatrics:

“If children are participating in prolonged vigorous physical activity in hot, humid conditions for more than one hour, small amounts of sports drinks may be appropriate”

SPORTS NUTRITION – HYDRATION

Practical Recommendations

BEFORE EXERCISE

5 – 7 ml/kg (300-420 ml for a 60 kg athlete) at least 4h before exercise.

GENERAL RULE: 2 cups of fluids 2h before exercise to promote adequate hydration and allow time for excretion.

WHAT TO DRINK? water, sugar-free cordial, fluids with sodium

DURING EXERCISE

Avoid >2% dehydration (INDIVIDUALISED NEEDS BASED ON SWEAT LOSS RATE)

Every 15 min: 150-300 ml

WHAT DO DRINK? water, sports drinks, water with electrolytes

AFTER EXERCISE

Replace 1.2 – 1.5 of sweat losses

WHAT TO DRINK? recovery drinks, chocolate milk, milk, sports drinks, water with electrolytes, water, water with electrolytes



SPORTS NUTRITION – HYDRATION

EASY HOME MADE SPORTS DRINK

4tsp sugar
(optional)

Pinch of salt

400ml water

100 ml squash
(not sugar-free
variety)



REAL FRUIT SPORTS DRINK

Pinch of salt

250ml water

250ml fruit juice
(100% pure juice)



SPORTS NUTRITION – HYDRATION

Sample High-Nutrient Intake

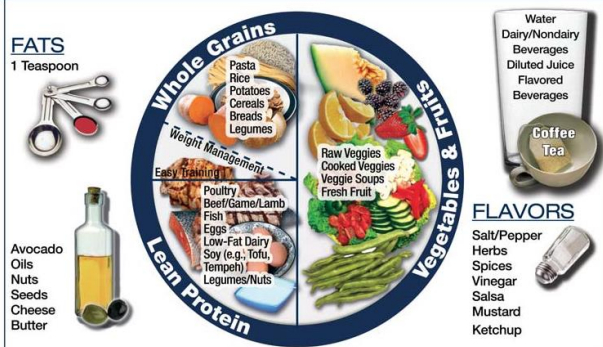
- Breakfast: 1 egg + 2 whites, scrambled with 1 slice cheese in 1 whole wheat tortilla + 8 ounces calcium-fortified OJ + water (520 calories + 32 grams protein)
- Lunch: 1 ham/cheese sub + 1 apple + 1 biscuit + water (550 calories + 35 grams protein)
- Snack: 1 banana + 2 T. peanut butter + water (300 calories + 10 grams protein)
- Post-workout Smoothie: 1 cup GREEK yogurt + 1/2 cup OJ + 1/2 cup frozen berries + ice (250 calories + 15 grams protein)
- Dinner: 4 oz. grilled chicken breast + 1 cup whole wheat pasta/sauce + 1 big salad/light dressing + 1 cup skim milk (600 calories + 50 grams protein)
- Snack: 1/4 cup nuts+ 1 apple (250 calories + 10 grams protein)

TOTAL: 2,470 calories + 152 grams protein

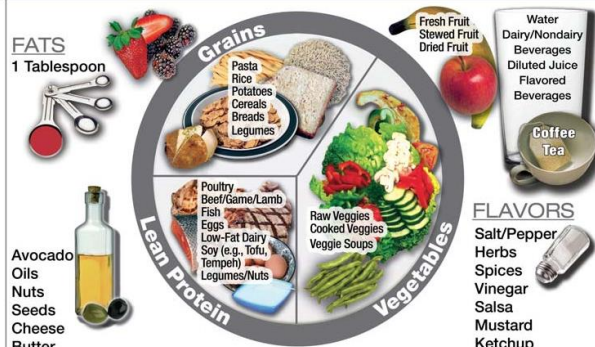


SPORTS NUTRITION – THE ATHLETE’S PLATE

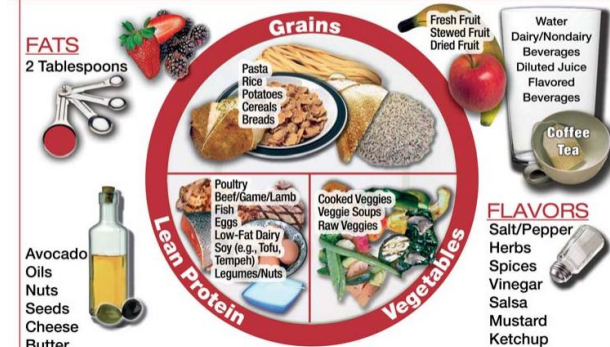
EASY TRAINING / WEIGHT MANAGEMENT:



MODERATE TRAINING:



HARD TRAINING / RACE DAY:



MEAL BUILDERS



OVERNIGHT OATS BUILDER



1. Choose your oats & add to bowl/jar



Steel cut



Rolled

2. Add protein



Protein Powder



Greek yoghurt



Quark

3. Supercharge with healthy fats



Chia seed



Seeds



Nuts



Nut butter

4. Flavour boosters



Cinnamon or vanilla



Cacao powder



Honey



Desiccated coconut

5. Add fruit



Mango



Apple



Berries



Watermelon



Orange



Grapes



Peach



Pineapple



Banana



Cherry



Pear



Kiwi

6. Cover ingredients with milk



Semi skim



Nut milk



Whole

7. Mix all ingredients or shake jar, and refrigerate overnight



MEAL BUILDERS



PARFAIT BUILDER



1. Choose your yogurt



Greek yoghurt



Soy yoghurt



Quark

2. Add to the yogurt (optional)



Protein Powder



Nutella /
Peanut butter



Chia Seeds



Desiccated
coconut



Honey



Vanilla
extract



Cinnamon



Ground
Coffee

3. Add a base layer



Granola



Muesli



Chopped/ Ground
nuts

4. Add layer of fruit



Mango



Apple



Berries



Watermelon



Onion



Grapes



Peach



Pineapple



Banana



Cherry



Pear



Kiwi

5. Add layers of yogurt, base & fruit as desired



6. Sprinkle over the top (optional)



Flaked almonds
or crushed nuts



Flaxseed/
Chia seed



Grated Cocoa/
Dark chocolate



Honey



Cinnamon

MEAL BUILDERS



SMOOTHIE BUILDER



1. Choose your base



Water



Animal or
nut milk



Coconut water



Ice cubes

2. Add your protein



Whey
Protein Powder



Milk



Greek yoghurt

3. Prepare fruit



Mango



Apple



Berries



Watermelon



Onion



Grapes



Peach



Pineapple



Banana



Cherry



Pear



Kiwi

4. Add your greens



Spinach



Kale



Swiss chard



Watercress

5. Add healthy fats



Avocado



Nuts



Nut butter



Seeds

6. Supercharge with extras



Manuka
Honey



Cinnamon



Cocoa powder



Maca Powder

MEAL BUILDERS



SANDWICH/ WRAP BUILDER



1. Choose your bread



Wholemeal wrap



Wholemeal pita



Wholemeal sub



Granary/seeded bread

2. Fill it with protein



Cold or Cooked Meats – Chicken, Turkey, Ham, Lean Beef, Salmon, Prawns,



Tinned Fish – Tuna, kipper, haddock, trout



Eggs



Tofu or Tempeh



Beans - Chickpeas, Black, Kidney, Mung

3. Add salad & veg items



Spinach



Lettuce



Carrot



Cucumber



Onion



Chilli



Tomato



Peppers



Beetroot



Sweetcorn



Olives



Cabbage

4. Add optional deli item



Avocado



Feta/mozzarella



Houmous



Serrano ham

5. Garnish for flavour



Herbs – Mint, Basil, Parsley



Chives

6. Sauce it up



Pre made

Hot sauce
Sweet chilli
Thai
Mango & chilli
Honey & mustard
Light Mayo



Curried yoghurt

1 tbsp lemon juice
2 tbsp yoghurt
1/2 tsp curry powder



Salsa

2 tomatoes
1/4 small onion
1 chilli
(all diced)
1 tbsp lime juice



Guacamole

1 avocado
1/2 tomato
(finely diced)
1 tbsp chilli flakes
2 tbsp lime juice

MEAL BUILDERS



BURGER BUILDER



1. Blend protein if necessary, & add to mixing bowl



2. Chop aromatics & mix in with protein.

Make patties ~ 2-3cm thick.



2. Grill or fry on med-high heat for 3-6 mins per side or until cooked through



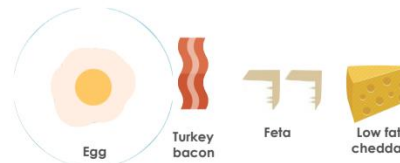
3. Prepare salad items



4. Choose bun/ pita & add burger & salad



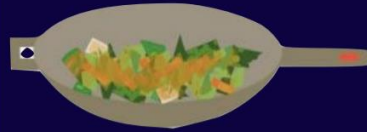
5. Top with a deli item (optional)



6. Dress with a sauce (optional)



MEAL BUILDERS



STIR FRY BUILDER



1. Heat oil (coconut, extra virgin olive, rapeseed) in a pan on a medium/ high heat



2. Add sliced Protein with chopped Aromatics



Chicken or Turkey



Lean steak



Squid



Garlic



Onion



Ginger



Chilli

& / or seasoning.



Meaty Fish
Haddock / Monk / Tuna



Prawn



Tofu or
Tempeh



Salt &
Pepper



Cajun, Paprika,
5-spice



Curry Spice
Curry Powder,
Turmeric



Stir for 3-5min

3. Add sliced Vege & Salad Items



Cook
2-5min



Peppers



Carrot



Broccoli



Bok choy



Beans



Corn



Asparagus

Cook
1-2min



Aubergine



Courgette



Spinach
/ Kale



Mushroom



Beansprout



Spring
onions

4. Add Pre or Quick Cook Carbs



Basmati rice
or quinoa



Wholemeal
noodles



Beansprouts
or vege
noodles e.g.
courgetti



Beans e.g.
Black,
Kidney,
Mung

5. Optional Garnish



Seeds - Sesame, Pumpkin, Chia, Flax



Nuts- Walnut, Almond, Pistachio



Herbs - Mint, Basil, Parsley

6. Add Pre-made or Homemade Sauce



Pre-Made
Szechuan
Sweet & Sour
Chow Main
Sweet Chilli
Thai



Black Bean
3 tbsp light soy
1 teasp. ginger



Sweet & Sour
1tbsp. Light Soy
2tbsp. Ketchup
1tbsp. Rice vinegar
1teasp Honey



Thai Red
Coconut Milk
2tbsp. Red Curry
paste
2tbsp. Fish Sauce
1 teasp Garlic

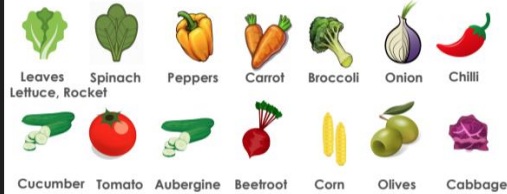
MEAL BUILDERS



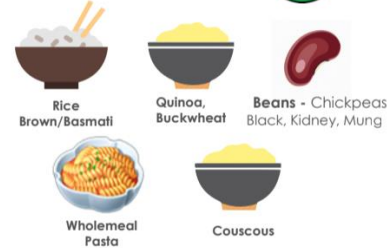
SALAD BUILDER



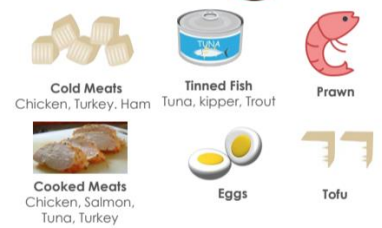
1. Add salad & veg items



2. Choose your carbs



3. Pick a protein



4. Add healthy fats



5. Garnish for flavour



6. Add dressings



RECIPES

POWER PANCAKES

Serves ~2-3

Prep ~ 5mins

Ingredients

1 cup large flake oats
1 Chopped banana
1 scoop of vanilla protein
1 egg
1 tbsp of olive oil (to cook)
2-3 scoops of Greek yoghurt
Handful of fresh berries

Method

1. Add oats, banana, protein powder and egg to blender and blend until smooth
2. Heat oil in pan until hot
3. Add small 'disks' of pancake mix to hot pan
4. Cook for 1-2 mins on each side
5. Stack your pancakes and add greek yoghurt and berries to serve



KCAL

315

CHO

42

PRO

23

FAT

9

FIBRE

4

PER SERVING



RECIPES

BREAKFAST BURRITO

Serves ~ 1

Prep ~ 5min

Ingredients

3 eggs
6 baby tomatoes diced
Handful of spinach
Small handful of feta cheese
1 medium wholemeal tortilla wrap

Method

1. Add beaten eggs and spinach to hot frying pan and scramble until cooked
2. Fill tortilla with egg, tomatoes and feta cheese
3. Wrap up, cut in half and serve



KCAL	CHO	PRO	FAT	FIBRE
488	30	32	26.7	3.8
PER SERVING				



RECIPES

GREEK YOGURT PROTEIN BALLS

Serving ~ 8-10

Prep ~ 6min

Ingredients

- 1 cup porridge oats
- 1 cup protein powder
- ~ 300g of TOTAL Greek yoghurt
- Handful chopped nuts
- 1 tsp coco powder (optional)
- Sprinkle of desiccated coconut (optional)

Method

1. Mix oats and whey protein
2. Add in Greek yoghurt & mix
3. If mixture is too 'wet' add additional protein until desired texture is achieved
4. Add chopped nuts and optional coco powder & mix
5. Decorate with desiccated coconut (optional)
6. Leave to set in fridge for 2-3h - Turn over after 1h to avoid sticking



KCAL	CHO	PRO	FAT	FIBRE
109	8.7	10.1	3.6	1.2
PER SERVING				



RECIPES

SNICKERS BALLS

Serves ~ 8

Prep ~ 6mins

Ingredients

- 2 Tbsp. Peanut Butter
- 1 Cup Chopped Dates
- 1 Cup Porridge Oats
- 2 Tbsp. Cocoa Powder

Method

- 1, Soak dates in boiling water for 15-20 mins
- 2, Put oats and cocoa powder into a blender and blitz until smooth
- 3, Drain the dates then add to the blender and pulse until the mixture starts to bind
- 4, Put the mixture into a bowl and start to combine the mixture by hand, then shape into desired shape balls
- 5, Sprinkle with cocoa powder



KCAL	CHO	PRO	FAT	FIBRE
119 PER BALL	20.1	2.8	7.2	7.2



RECIPES

VEGGIE SKEWERS

Serves ~ 2

Prep ~ 12min

Ingredients

Zucchini, thickly chopped
2 peppers, thickly chopped
1 red onion, thickly chopped
2 handfulls of mushrooms
2 handfulls of cherry tomatoes
4 tbsp olive oil
2 tbsp lemon juice
1 tbsp of salt & pepper
1 tbsp of Oregano

Method

1. Pre-Heat Grill on medium heat
2. Place the olive oil, lemon juice, oregano & seasoning in a bowl & mix
3. Skewer zucchini, mushroom, tomatoes, pepper & onion in order to fill the skewer
4. Brush the skewer with the dressing
5. Grill for ~ 12-14 min each side



KCAL	CHO	PRO	FAT	FIBRE
153	13.7	4.1	9.5	5.8
PER SERVING				



RECIPES

LETTUCE AND TUNA HOTBOATS

Serves ~ 2

Prep ~ 8min

Ingredients

- Little Gem Lettuce Leaves
- Tin of tuna steak
- 1-2 tomatoes , chopped into small cubes
- 1 yellow pepper, chopped into small cubes
- ½ red onion, finely chopped
- 1 red chilli, chopped
- 1 avocado, peeled and chopped into small cubes (1cm)
- 1 teaspoon of light soy sauce
- 2 tbsp olive or rape seed oil
- Seasoning

Method

1. In a big bowl put the tuna, the chopped tomato, chilli, pepper, avocado and onion.
2. Add salt and pepper, 2 tablespoons of olive oil and soy sauce.
3. Spoon the mix onto the lettuce leaves. If the lettuce leaves are big, you can fold them as if it was a wrap, otherwise leave open.



KCAL	CHO	PRO	FAT	FIBRE
366	12.8	19	27	6.3
PER SERVING				



RECIPES

RATATOUILLE

Serves ~ 2

Prep ~ 10min

Ingredients

Half an onion
Half a courgette
1 red pepper
1 clove of diced garlic (or garlic powder)
1 can of chopped tomatoes
1 tbsp mixed herbs

Method

1. Heat oil in hot pan
2. Finely dice onion
3. Chop pepper and courgette into small chunks
4. Add onion and garlic to hot pan and cook for 3 min
5. Add courgette and pepper to pan and cook for further 5 min
6. Add desired amount of chopped tomatoes and herbs and cook on low heat until veg is soft (approx 20 mins)



KCAL	CHO	PRO	FAT	FIBRE
139	17.3	4.1	6.8	4.1
PER SERVING				



RECIPES

CHILLI CON CARNE

Serves ~ 3

Prep ~ 10min

Ingredients

- 2 x 400g kidney beans
- 455g Turkey Mince
- 1 tins chopped tomatoes
- 1 Large Onion
- 2 handfuls of mushrooms
- 1 tbsp. olive oil
- 1 Beef cube
- Chilli-con-Carni mix packet, or make own as below: -
 - 1 red chilli deseeded and finely chopped
 - 1 clove of Garlic
 - 2 teaspoon of chilli powder
 - 1 teaspoon ground cumin
 - 1tbsp of cinnamon

Method

1. Chop onion & fry in oil until soft
2. Add the mince and to cook until browned
3. Add tomatoes, drain & add beans, & stir
4. Add chilli mix packet or the listed ingredients. Mix & bring to the boil.



KCAL	CHO	PRO	FAT	FIBRE
360	33	50.7	4.1	16.4
PER SERVING				



RECIPES

CHICKEN, PRAWN AND CHORIZO PAELLA

Serves ~ 4

Prep ~ 25min

Ingredients

- 4 Chicken Breasts, diced
- 100g Chorizo, sliced
- 100g Prawns
- 1 Large Onion, chopped
- 1 Red Pepper, chopped
- 1 Can chopped Tomatoes
- 200g Frozen Peas
- 2 Garlic Cloves or teaspoon garlic paste
- 1 tbsp. Paprika
- 1 teaspoon Turmeric
- Salt + pepper
- 700ml Chicken Stock
- 280g Paella rice

Method

1. Heat olive oil in a pan. Add the chicken, onion & garlic & cook till chicken is white through
2. Add chorizo, peppers, paprika & turmeric & fry for 2 minutes
3. Add the chicken stock and the tinned tomatoes
4. Bring to the boil, add the rice and stir well
5. Drop the heat to a simmer, and leave for ~ 20 min
6. Add the peas & prawns & cook for ~ 5min
7. The paella is done when it has absorbed all the water, keep stirring so the rice doesn't burn to bottom of pan

KCAL	CHO	PRO	FAT	FIBRE
554	72.5	45	12.6	6.4
PER SERVING				



RECIPES

THAI RED CURRY PRAWN NOODLES

Serves ~ 2

Prep ~ 15min

Ingredients

350g peeled raw king prawns
½ sliced white onion
2 tsp red Thai curry paste
1 small tin low fat coconut milk
2 dsp Tom purée
150g halved mange tout
1 bunch spring onions, chopped
Ready made noodles
1 tsp garlic paste
100g natural Greek yoghurt
Juice of half lime

Method

1. Gently fry sliced onions and Thai paste for 1 minute then add tomato paste, garlic, spring onions and coconut milk and cook for 3 minutes
2. Add king prawns, mange tout, and cook for 3 minutes until prawns are pink and fully cooked
3. Add cooked rice noodles, Greek yogurt, lime juice and serve piping hot



KCAL	CHO	PRO	FAT	FIBRE
492	43	35	20	3.6
PER SERVING				



1

FOOD FIRST

Always opt for fresh, quality produce which provide essential nutrients for health & performance



2

FREQUENT FEEDS

To promote growth and repair of muscles, eat every 3-4 hours and do not skip meals



3

GO FRESH

Choose freshly sourced ingredients and avoid processed foods

4

PROTEIN POWER

A quality source of protein should be consumed at every meal to promote growth

5

EAT A RAINBOW

Eat a range of different coloured fruit and vegetables. Each colour contains different micronutrients which support the body in different ways



6

QUALITY SNACKS

Avoid snacking on high sugar foods as this will not satisfy hunger. Protein rich snacks will aid recovery and keep hunger at bay.



9

BE FLEXIBLE

Do not cut out whole food groups or specific nutrients as this will increase the risk of deficiencies which will compromise performance



10

SUPPLEMENT SAFELY

Ensure supplements have scientific evidence to support their use and meet your specific needs. Only consume Informed Sport approved products



7

DRINK MORE

Dehydration can impair performance and focus. Monitor urine colour to avoid dehydration

8

EDUCATE

Speak with a qualified nutritionist in order to understand your specific nutritional goals

“Champions decide their habits, their habits decide their future.”



THANK YOU!