

NUTRITION

WHY DO FIGHTERS NEED TO EAT WELL?

A healthy diet is important for everyone to be healthy and feel at our best, and is essential for athletes who need to fuel hard sessions, especially during growth and development.

Healthy nutrition is important to:

- Support health, growth and development
- Provide energy to fuel hard training
- Recover quickly from training sessions
- Help develop strength, power and skills
- Reduce the risk of illness and injury

Key Components of a Healthy Diet

Carbohydrates are the best energy source for high-intensity training. Meals should focus on slow release carbs (wholegrain foods, pasta, rice, potato, oats etc) to provide sustained energy. Fast release carbs e.g. sugars, should be limited to immediately before or after training sessions in order to top up energy stores or aid rapid refueling. Goal = 4-8g carbs per kg bodyweight per day.

Protein provides the building blocks for growth and repair of muscles as well as maintenance of many other cells, tissues and functions of the body. Good sources include poultry, fish, meat, dairy, soya, quorn, pulses, nuts etc. Goal = 1.6-2.2g per kg bodyweight per day or simply 30-40g serving of protein 4 times each day.

Fats are an essential part of the diet, providing not only energy, but delivering fat soluble vitamins A, D, E, and K which play a role in a number of important biological functions. Athletes are encouraged to limit the intake of processed high fat foods and focus their intake on oily fish, olive oils, nuts, seeds, dairy etc. Goal = 20-30% of energy intake.

Fluids – our body is 70% water and just 2% dehydration may limit performance. Aim to consume at least 2L per day from drinks. Your body requires more if training so you can replace 1.5x what you lose in sweat



The Eatwell Plate

The "Eatwell Plate" devised by the Food Agency Standards, is a simple guide to help you understand the types and proportions of foods that are needed to make up a healthy well-balanced diet

Weight Making - for young and developing athletes, the focus must be on establishing a healthy diet to support the development of new skills, fitness and growth and development. Weight making during growth and development can be detrimental to long-term health and performance, and should therefore not be encouraged

EXAMPLE DAY FOR 70KG 18 YEAR OLD

Breakfast:

Scrambled egg with avocado on sourdough toast or Oatmeal with blueberries, chia seeds, and Greek yogurt

Lunch

Chicken breast grilled with ginger and garlic, served with basmati rice, green beans and carrots

Afternoon snack

An orange and a handful of mixed nuts

Dinner

Grilled rump steak with peppers, asparagus and homemade sweet potato wedges