

EAT 2 COMPETE



Eating and Drinking for Action

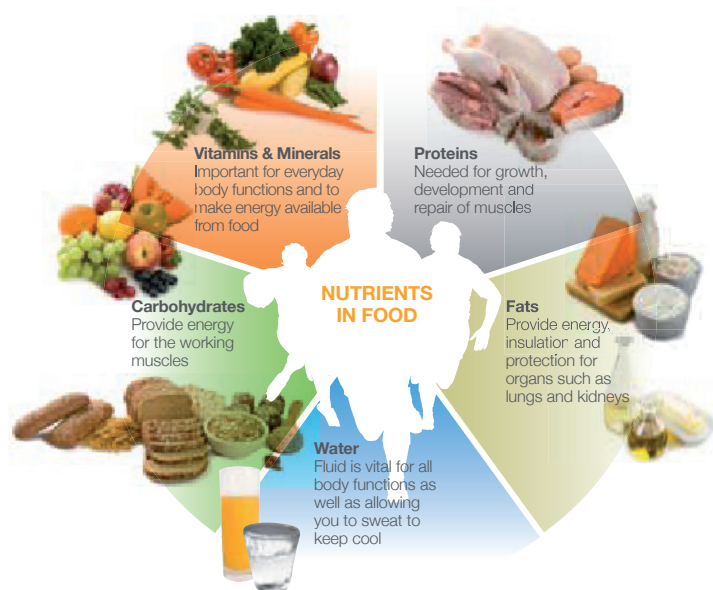
Your body needs fuel and fluids to stay alive and to allow your muscles to work during exercise. You get fuel and fluid from the foods and drink you take in everyday.

Energy, which is measured in calories, comes from nutrients in food known as carbohydrate, protein and fat. Food also contains smaller amounts of substances called vitamins and minerals, which are needed for your body to work properly and prevent illness.

Eating the right foods and enough of them will help to keep you healthy and perform well in your sport. To do this, you need to eat a variety of foods to make sure you are getting all the nutrients you need. To help you do this, look at the picture of foods opposite that are arranged in a circle.

The amount you eat will depend on your age and your activity level – your appetite is your guide so don't go hungry!

The **carbohydrates** group gives you energy and vitamins and minerals and you should try to eat foods from this group 6 to 8 times a day. Sugary foods are also carbohydrates, but are not as nutritious as foods like bread, cereals, pasta or rice. You can include some sweet foods, but don't let them take place of more nutritious choices.



Fruit and vegetables are full of **vitamins and minerals** that are needed to protect the body against illness as well as helping to make energy available from your food. You should aim to eat from this group 5 times a day. This might seem like a lot, but you can include them in different ways:

- Fruit juices
- Fruit on top of your breakfast cereal
- Tinned fruit
- Vegetables in stews and soups
- Fruit smoothies – milk, yogurt and fruit liquidised in a blender



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Protein is needed to allow the body to grow, to make hormones and enzymes that control body functions and to make antibodies which fight germs and illnesses. Muscles are also made of protein, so a good intake of these foods is needed to allow them to grow. Meat, fish, poultry and eggs are excellent sources of protein, but if you are a vegetarian, you can get protein from peas, beans and pulses too.



Foods in the **fats** group include oil and spreads, dairy products such as milk, cheese and yogurt. Dairy products are high in calcium, which is essential for bones to grow and stay strong and they also give protein and vitamins. Try to include 2 to 3 servings of dairy produce every day. Examples of healthy fats to include are olive

oil, sunflower oil, sesame and flax oils. Nuts and seeds are also sources of good fats - sprinkle some on your breakfast cereals.

Drinking is just as important as eating and exercise is thirsty work. Over half your body weight is made up of water, and keeping it topped up is essential for it to work properly. During exercise, you lose water through your skin as sweat, which is the body's way of keeping cool. If you don't keep your body's water levels up, you will become dehydrated and you won't perform at your best, and you may start to feel unwell.

Try to drink 6 to 8 glasses of **fluid** everyday include water, diluted squash and fruit juices. If you drink sweet fizzy drinks, only take them at mealtimes as they are less likely to cause as much harm to your teeth than if you drink them between meals.



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During exercise, you should drink small amounts regularly and don't wait until you are thirsty. The hotter the weather, the more you need to drink. Make sure you have your water bottle with you, filled up with a drink that you like the taste of - either water, diluted fruit squash or diluted sports drinks.

An easy way to check that you have enough fluid on board is the 'pee test' - look at the colour of your pee! The lighter the colour, the better.

Fitting your eating and drinking around your training and matches

What and when you eat and drink is important to make sure that

- you have plenty of fluid on board
- your muscles are well fuelled up before exercise
- you refuel your muscles after exercise, ready for the next session.

Eating and drinking before training or matches

The foods to focus on are in the carbohydrate group. These are the foods that give energy that is most easily used by your muscles during exercise. How much you eat and what you eat will depend on when you eat it - look at the boxes below to get some ideas.

Pre-exercise meals - 2 to 3 hours before training or matches, taken with a drink

- ✓ Pasta with tomato-based sauce with meat, fish or beans
- ✓ Baked potato with cheese, tuna or baked beans
- ✓ Sandwich or roll filled with chicken, egg, tuna or peanut butter
- ✓ Rice or noodles with chicken or lentils
- ✓ Meat or fish, vegetables and potatoes
- ✓ Baked beans on toast

Pre-exercise snacks - 1 to 2 hours before training or matches, taken with a drink

- ✓ Yogurt and fresh fruit
- ✓ Pancakes and syrup or jam
- ✓ Jam sandwich
- ✓ Cereal bar
- ✓ Breakfast cereal with milk or yogurt and banana
- ✓ Fruit and a glass of milk
- ✓ Soup and bread

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Eating and drinking during training

If you are at all-day training sessions, you will need to have snacks and drinks for break times. Remember to drink during your training session as well. If you are travelling away from home, bring some food for the journey.

Snacks are needed to keep up your energy levels, be handy to have in your kit bag, and be quick and easy to eat.

Check out the box for ideas for foods to bring with you.

Snacks for short breaks during training

- ✓ Water, diluted fruit juices, squash or sports drinks
- ✓ Sandwiches or filled rolls
- ✓ Bananas, grapes, apples
- ✓ Sultanas, raisins, dried apricots
- ✓ Fruit loaf, pancakes
- ✓ Biscuits like jaffa cakes and fig rolls
- ✓ Cereal and energy bars
- ✓ Yogurt drinks

Eating and drinking after training or matches

After exercise, you need to keep drinking to replace the water lost as sweat during exercise, and eat to replace the energy you have used up. A bit like refilling your petrol tank after completing a long journey. The sooner you eat the better; your muscles are like sponges in the first hour after exercise and they soak up carbohydrate that is then converted into glycogen and stored. Always take a drink after exercise too. Here are some ideas...

Recovery Snacks - taken with a drink

- ✓ Fresh fruit - bananas, apples, grapes
- ✓ Fruit yogurt or yogurt drink
- ✓ Bread or roll with honey or jam
- ✓ Pancakes
- ✓ Tub of custard or rice
- ✓ Fruit loaf
- ✓ Biscuits - digestives, jaffa cakes, fig rolls
- ✓ Cereal bars

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Recovery meals - taken with a drink

- ✓ Baked beans on toast
- ✓ Baked potatoes with meat or cheese
- ✓ Pasta or rice with meat or cheese and tomato based sauce
- ✓ Meat or fish, vegetables and potatoes
- ✓ Desserts such as fruit crumble, yogurts, ice cream and custards

Putting it all together

- ☺ remember to eat a variety of different foods to make sure you are getting all you need to grow, stay well and perform well in your sport
- ☺ look at the circle of foods again and make sure you are eating foods from all the groups
- ☺ your appetite is your guide to how much to eat - don't go hungry, but don't fill up on a lot of sugary and fatty foods!
- ☺ take snacks in your diet to be well fuelled up before training and matches and to replace energy after exercise
- ☺ drink plenty of water, diluted juices and squash everyday and especially during and after training and matches
- ☺ go prepared to training and matches by bringing snack foods and drinks with you



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