

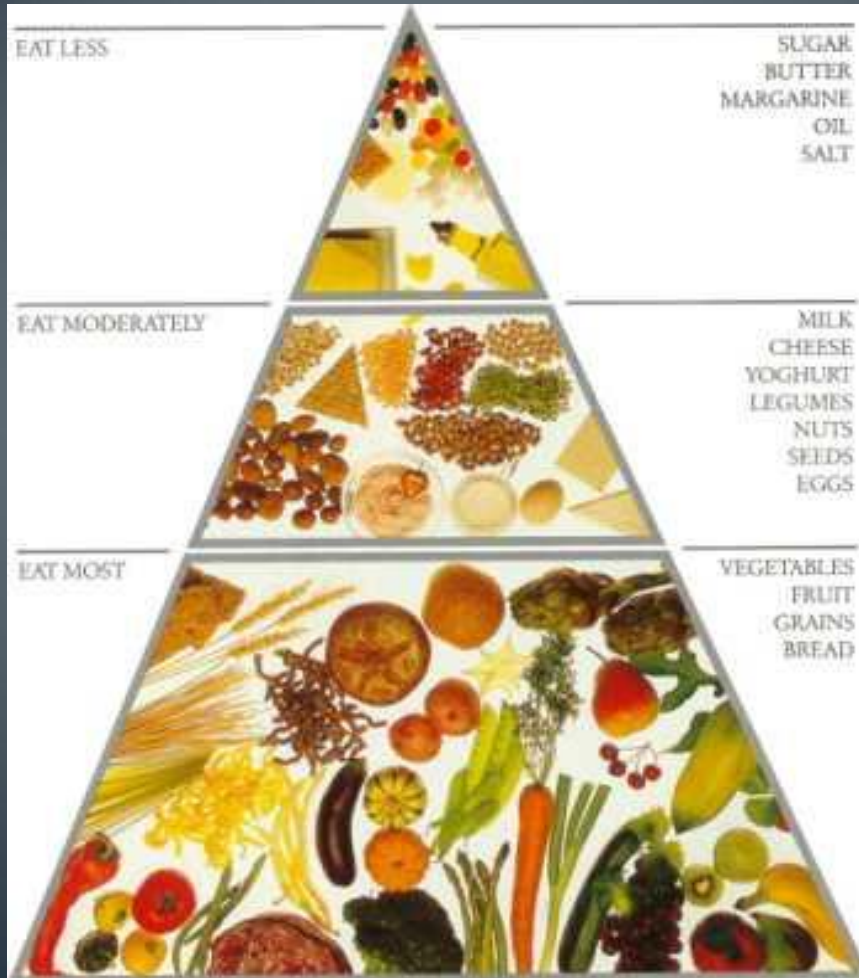
# **Dietetic Design**

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*Nutrition for Peak Performance*

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AUSTRALIA

# KEY POINTS



- GOALS
- ENERGY
- FUEL (CARBS)
- PROTEIN
- HYDRATION
- PRE/DURING &
- RECOVERY MEALS
- CALCIUM & IRON
- SUPPLEMENTS

# GOALS

- ▣ INDIVIDUAL
- ▣ TRAINING VS COMP
- ▣ RACE TYPE/DURATION
- ▣ BODY COMPOSITION
- ▣ MONITORING



# ENERGY REQUIREMENTS



- DETERMINE ENERGY REQUIREMENTS
- INDIVIDUAL DIFFERENCES
- PERSONAL, MEDICAL & PHYSICAL NEEDS
- WT LOSS/ WT GAIN & MAINTENANCE

# FUEL

- CARBOHYDRATES
- AMOUNT
- TYPE ( LOW & HIGH GI)
- GLYCOGEN STORES



# PROTEIN

- MUSCLE MASS

- POWER

## FOOD SOURCES

- RECOVERY



# SNACK FOODS

- Fresh fruit, dried fruit, fruit salad, fruit juice
- Breakfast cereals & low fat milk
- Yoghurt, Cheese & low fat milk drinks
- Sandwiches/wrap/roll
- Dry biscuits & cheese, fruit muffins, pikelet
- Soups
- Tin tuna/salmon



# HYDRATION

- WATER
- SPORTS DRINKS GLUCOSE & ELECTROLYTES
- ENERGY DRINKS CAFFEINE





# Pre-Comp Meal

- Race type/duration
- Meal timing
- Carbohydrate,
- Protein and Fluid



# Food During Competition

- Consider Race type/duration
- Weather conditions
- Cho – 1g/kg/hour
- Protein
- Fluid
- Practical meals/snacks



# Recovery Nutrition

- Time from comp until next meal
- Combine cho, protein and ongoing rehydration
- Amount required will vary – need to plan if competing the next day



# CALCIUM

- PEAK BONE MASS
- REQUIREMENTS
- FOOD SOURCES



# IRON

- ENERGY
- STRENGTH
- REQUIREMENTS
- FOOD SOURCES
- DEFICIENCY



# SUPPLEMENTS

- NUTRITIONAL DEFICIENCY
- BULKING AGENTS
- RISKS VS GAINS

