

## **NUTRITION GUIDELINES**

As we are all unique and individual, it is impossible to give exact guidelines that will apply to everyone. There are however broad concepts that we can all apply in the lead up to an event to help us optimize our performance through quality nutrition.

As a rule of thumb the quality of what you eat is more important than the quantity. Eat freely and make good food choices. I recommend that if you need specific advice consult a nutritional consultant.

1. Have a balanced meal every 2-3 hours (that will be for most people about 6 meals per day.)
2. Eat protein at EVERY meal.
3. Eat carbohydrates that are low on the glycaemic index (I shoot for under 55 on the glucose scale) AND low on the insulin indices.
4. Have at least 1 Tbsp of flax or hempseed oil per day (and think about including some fish oils in your diet.)
5. Always consume a high GI, carb/protein drink after training.
6. Cut denatured, saturated and trans fats from your diet.
7. Don't eat the same foods day in day out!
8. Eat veggies at every meal you can!
9. Use supplements intelligently (get good advice and use products that will help you to reach your goals and that fit in with your lifestyle and budget.

Where possible choose foods that are whole, natural and unprocessed. As a rule of thumb these foods are most often low on the glycaemic index (won't spike your blood glucose levels AND have a proportionate insulin release, as many processed foods although low on the glycaemic index still disproportionately raise insulin levels.)

Some foods to avoid are:

1. Added sugar (either that you add or that is added at manufacture)
2. Saturated Fats/Trans Fatty Acid (trim all meats and avoid foods that have added fats)
3. Added vegetable oils in processed products
4. Highly refined carbohydrates. Examples: Wheat noodles, instant noodles, crackers, biscuits, most commercial breakfast cereals, white and highly ground brown breads, white short grain rices, refined pasta.

### **Don't forget water!**

Everybody's water intake and needs will vary greatly. Often it is a matter of finding what works best for you.

Most people however would do well to be drinking more water. It is estimated that the human body turns over in excess of 100ml of water per hour. So a baseline water intake should be over 2.5 litres. You will get some of this from food but I think a minimum of 2-3 litres should be drunk as a starting point.

**[www.endurancesport.co.nz](http://www.endurancesport.co.nz)**

**[www.leppinsport.com](http://www.leppinsport.com)**

**[www.femmefitness.co.nz](http://www.femmefitness.co.nz)**

## **Good Foods to Use**

### **Carbohydrates**

Yam  
Kumara  
Squash  
Pumpkin  
Rice  
Wholemeal Pasta  
Oatmeal  
Beans  
Corn  
Strawberries  
Melon  
Apple  
Orange  
Fat Free Yoghurt  
Whole Grain Bread  
Milk  
Seeds or Grains

### **Proteins**

Skinless Turkey  
Fish (esp. oily varieties)  
Crab (not imitation)  
Crayfish  
Shrimp  
Prawns  
Lean Beef  
Buffalo  
Egg Whites  
Low-Fat Cottage Cheese  
Whey Isolate  
Skinless Chicken

### **Vegetables**

Asparagus  
Lettuce  
Carrots  
Cauliflower  
Green Beans  
Capsicum  
Mushrooms  
Spinach  
Silverbeet  
Tomato  
Peas  
Brussel Sprouts  
Broccoli  
Cabbage  
Cucumber  
Onion  
Zucchini

### During Exercise and Events:

Take between 50 and 90 grams of carbohydrate per hour of exercise from either Squeezy or Enduro Booster powder. Both of which are available in five great flavours and three different sizes. Always make sure you aren't sacrificing hydration. Take a MINIMUM of 10ml of water for every gram of carbohydrate from gels or sports drinks. I have found that 1 Squeezy per \_ hour with about 250-500ml water works well for most athletes. Remember a 1% loss in bodyweight results in a 10% decrease in performance. Simple rule during training is two Squeezy per drink bottles per hour of exercise.

### After training:

Make sure you replenish carbohydrates optimally with a carb/protein drink. This should contain at least 1g of carbohydrate per kilo of bodyweight and about 1/2 this amount of protein, preferably from whey protein. Leppin Endurance Athlete is the ideal product for this meal. The following smoothie recipe delivers approx. 90 gm carbohydrates and approx. 40 gm protein. This is also available in three great flavours chocolate, vanilla or strawberry.

1 serve of Leppin Endurance Athlete (3 scoops)  
1 medium Banana  
1 tblspn Manuka Honey  
250 ml Sun Latte milk

### Simple Carb Loading Guidelines:

If carb-loading's not your thing I suggest that you just incrementally increase the carb portion at every meal by a small amount. Still stick with carbs that are on the table in this article.

Days away from event	Carbs	Fluids	Exercise
5	<3g per kg b/w per day	Normal	Train with light weights and riding to near exhaustion
4	<3g per kg b/w per day	Normal	Light ride 60 min max
3	Approx 1g per kg bodyweight per hour for first 10 hours. Also 150-200g carbs after carb depletion workout.	Drink at least 50% more than normal	Light intensity but fairly long session. Use weights and every possible muscle group, not to failure. Exhaust muscle glycogen
2	1 g carbs per kg b/w at every meal	“ “	Very light, move the legs 30min max
1	1g carbs per kg body weight at every meal. Try to eat at least 6-8 meals	“ “	Very light, just move the legs for 30min max