

Saint Strong Nutrition

The role of food was discussed:

- Health/Sickness
- Recovery
- Fuel / Energy
- Stable Energy Levels/Mood swings

How different foods have different effects:

- Quality of food is paramount: A guiding principal should be ***the less ingredients in something, generally the healthier it is likely to be e.g. fish, meat, veg, fruit, nuts, seeds, some dairy.*** Read the backs of packets, look at ingredients lists, cook from fresh as often as possible
- Quantity: How much of what foods you take in will effect you very differently in terms of body composition, energy levels and performance at important times.
- Timing of food is important - Higher carb intake post-training, lower carb intake on rest/easy days
- Variety: Reduces boredom/monotony, reduces risk of deficiencies in certain essential vitamins/minerals, a colourful plate is a healthy plate (well, one of unprocessed food! Skittles are also colourful but not so healthy!)

Macronutrient Breakdown

1g of Carbohydrate = 4 kcal's

1g of Protein = 4 kcal's

1g of Fat = 9 kcal's

A 75kg athlete would generally need 2,500 kcal's per day to stay the same weight.

You should eat more on days you train. Carb intake should be higher, fat intake lower.

On days you don't train, you should eat less, and reduce carb intake, increasing healthy fats.

Protein Intake:

A general guide is 2.2g per 1kg of bodyweight. Our 75kg athlete then needs approx 160g of protein intake

Examples of 25g of protein: Tin tuna (1rg), chicken or turkey or fish fillet, pot cottage cheese, 3-4 eggs

160g of Protein will make up 640 calories of the athlete's daily intake. **THIS IS NOT A HIGH PROTEIN DIET! 640 calories from 2,500 calorie intake is 25% of a person's food in protein.**

Fat intake:

On training days, fat can be kept lower, around 50-60g is fine. This will be 550 calories approx.

Examples of healthy fats are: Coconut oil/milk, avocado, eggs, nuts, seeds, butter, cream, fatty fish like salmon, mackerel, unprocessed animal fat from steak/chops etc..

On non training days, fat intake can be higher at 100-120g, so approx 1,000kcal's.

This leaves Carb intake to make up the rest of the athletes intake.

Remember, the athlete wants to be in a calorie surplus on training days, so aiming for 3,000kcal's, and then lower kcal's on non training day, so 2,500 (This can be personalised based on personal goals)

Training Day: 3,000 kcal target - 640 kcal protein - 550 kcal fat = 1,810 kcal's of carbs. Carbs have 4 kcal's per 1g of Carb, so $1,810/4 = 450g$ of Carbs

On training days, it is optimal to get the bulk of the carbs in post training, 80g or so within 30 minutes and then the rest spread over remaining meals and snacks

Non Training Day: 2,500 kcal target - 640 protein - 1,000 kcal fat = 860 kcal from carbs. So 860/4 will give us 215g of carbs, so less than half the carb intake of a training day.

Preferred carb sources are sweet potatoes, potatoes, butternut squash, root veg, rice. They are preferred over bread and pasta as they may leave the athlete bloated and lethargic. **Nutrition is totally personal. IF YOU OPERATE WELL EATING BREAD AND PASTA, THEN KEEP DOING IT.**

THE OVER-RIDING RULE OF NUTRITION IS... IF YOU LOOK, FEEL AND PERFORM WELL, THEN CARRY ON. TRY SWAPPING OUT SOME FOODS AND IF YOU FEEL BETTER, LOOK BETTER OR PERFORM BETTER THEN YOU'VE CHANGED SOMETHING WORTH CHANGING.

You must experiment, try different strategies and try to become aware how you react to them. If you normally eat coco pops for breakfast, note how you feel when you're training, then switch to 3 eggs, cheese and veg and see how you feel training/energy levels/concentration etc...

If you've a great day in the gym or you feel focused etc.. try to trace back why... Did I sleep well? What did I eat? Did I eat well after my last training session... Different things work for different people, so try and see.

The only caveat i'd make to that is if you are used to a huge volume of sugary and processed food, when you withdraw them, you can feel groggy and have flu like symptoms initially which usually clear after a couple of days.

These are all guides, and something to aim for 80% of the time, you don't need to worry about the nitty gritty or making all the numbers add up on different days. Its more to guide you, have a ballpark template to work off and to make you more aware of the role of the foods. You don't need to weigh or add foods up, eyeballing weights/sizes/grams is totally fine. You don't need to hit the figures every day, and you don't need to worry about trying to figure out foods when eating out with family etc...

Food is fantastic, its tasty and provides the body with so much goodness, its not something to get in to a negative cycle with, try to avoid 'good' and 'bad' choices/foods, don't sweat the details on it, consistency of eating great meals will totally outweigh eating pizza once a week etc...

OVERALL SUMMARY

- 1. Keep it Simple - Don't overcomplicate nutrition choices or get too worried about finer details**
- 2. As the amount of ingredients increases, generally the quality of the food decreases**
- 3. Higher carb intake (particularly high GI carbs) post training encouraged**
- 4. Don't eat too late or it might disrupt sleep (Sleep: On back, dark room, no phones in room, min 8 hours of unbroken sleep the target e.g. don't drink a litre of water 10 mins before bedtime)**
- 5. Take in adequate protein daily, above the recommended amount isn't necessary or effective, and your body won't be able to process it, which may cause issues.**
- 6. Cook! Make your own food, use tupperware, google recipes, prep dinners with your family, go shopping, experiment and try new foods.**