

Nutrition Presentation

Geelong Falcons 2012-2013



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Why is Nutrition Important?

- Adolescence is the second largest growth spurt before reaching adulthood
- An increase in the quantity and quality of food is required during this time
- Nutrients obtained from food are needed for increased muscle and bone growth
 - *"If you eat 'junk' expect to have a 'junk' body and feel like 'junk'"*

Ideal Body Composition



- Minimise losses in lean muscle mass
- Avoid increases in body fat
- Weight gain or loss indicates differences in energy balance

“Energy balance is the difference between energy intake and energy expenditure”

Protein

- Approximately half the body's weight is made up of protein
- Proteins are made up of amino acids
- There are two main groups of amino acids:
- **Non-essential amino acids** - those that can be made by the human body
- **Essential amino acids** - those that can only be supplied by food

Protein

COMPLETE PROTEINS

Contain all of the essential amino acids

eg. animal products

INCOMPLETE PROTEINS

Usually lack at least one amino acid

eg. plant products, grains, nuts & seeds

- Vegetarians can combine incomplete proteins to provide all amino acids

Why is protein important?

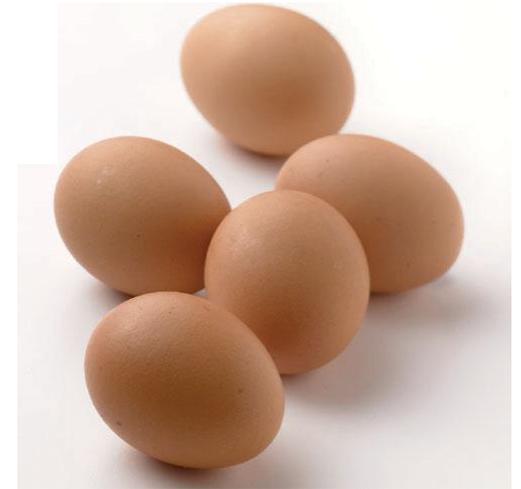
- Essential nutrient in the diet
- In the body the amino acids are required to make:
 - muscle and brain cells
 - skin
 - hormones
 - repair damaged tissues
- **Recommended dietary intake (RDI) is about 65g/day for males aged 14-18 years**

PROTEIN

Food Sources

- Beef
- Lamb
- Pork
- Chicken
- Fish
- Eggs
- Dairy products – cheese, yoghurt, milk
- Nuts & Seeds– almonds, pumpkin seeds,
- Beans and lentils – chickpeas, kidney beans
- Soy products – tofu, soy milk, tempeh
- Grains – brown rice, quinoa, buckwheat, millet

PROTEIN Food Sources



Fats

- Healthy fats are an important part of a balanced diet
- Healthy fats include: **mono-unsaturated** (olive oil, avocado, almonds and hazelnuts) and **polyunsaturated** (salmon, walnuts, brazil nuts)
- Avoid 'saturated fats' found in fatty meat, cream, deep fried foods, cakes, biscuits and pastries
- High saturated fats can lead to high cholesterol and increase the risk of developing cardiovascular disease
- Omega 3 fatty acids, found in salmon, herring and mackerel are essential for optimal health.

HEALTHY FATS

Food Sources



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Carbohydrate

- The body's primary source of dietary energy
- The body stores carbohydrate as glycogen in the muscles and liver
- As you exercise your muscles use the stored glycogen
- Carbohydrate stores must be replaced between exercise sessions by consuming carbohydrate foods
- Inadequate intake can lead to fatigue and poor athletic performance
- Eat more nutrient rich carbohydrate foods that are unrefined or unprocessed including whole grains and fruit
- Avoid nutrient poor carbohydrates that are refined and highly processed. This includes lollies, energy drinks and soft drinks
- High fat carbohydrate foods like cakes, chips, pastries and chocolate should be avoided also

CARBOHYDRATE

Food Sources

- **Whole grains:** Brown rice, Quinoa, Buckwheat, Rolled oats, Whole grain breads, Whole wheat pasta
- **Vegetables:** Broccoli, Carrots, Pumpkin, Sweet potato, Corn, Zucchini, Potatoes, Asparagus
- **Fruits:** Bananas, Oranges, Apples, Strawberries, Blueberries, Watermelon, Cantaloupe, Mangoes

CARBOHYDRATE Food Sources



Calcium

- Increased requirement during adolescent growth and training
- Needed for increased bone growth and strength
- Recommended four serves per day for adolescent athletes
- For example: one glass (250mL) of milk, one tub (200g) of yoghurt, or two slices (40g) cheese
- Non-dairy food sources of calcium include: broccoli, sesame seeds, spinach, and fish

CALCIUM Food Sources



Iron

- Transports oxygen in red blood cells, to the muscles and helps release energy from the cells
- Higher training demands lead to an increase in red blood cell production, fuelling the need for iron
- Foods containing iron include: lean meat, chicken, seafood, legumes and green leafy vegetables
- Combine these foods with Vitamin C rich foods to increase absorption
- Iron deficiency will result in poor energy levels and fatigue

IRON

Food Sources



Hydration

- **One of the most important nutritional priorities**
- Fluids lost through sweat can lead to dehydration
- For low intensity, short duration exercise, water is excellent
- For high intensity, endurance exercise longer than 60 minutes, electrolyte sports drinks and water
- Sports drinks contain carbohydrates to help with fatigue which provide glucose to the muscles and electrolytes to replace sodium, magnesium and other electrolytes lost in sweat
- Keep in mind most sports drinks are very high in refined sugars

Daily Eating Guide

BREAKFAST

3 egg omelette with leafy greens on wholegrain toast with avocado
1 cup of homemade muesli with raw nuts/seeds, low fat natural yoghurt and sliced banana
1 glass of freshly squeezed fruit or vegetable juice

SNACK

1 apple
1 homemade fruit and nut muffin

LUNCH

2 wholegrain wraps with chicken, avocado, tomato, lots of salad and cottage cheese
1 homemade fruit and nut bar

SNACK

Small handful of raw nuts/seeds
1 pear

DINNER

1 piece lean eye fillet steak
1 cup of broccoli/cauliflower
10 green beans
1 medium potato
½ cup sliced carrot

1 serving of 'Homemade' Apple crumble
¼ cup of natural yoghurt

WATER INTAKE 2-3 litres throughout the day

In Summary

- Adopt the right eating habits now – your food choices are in your hands!
- Drink 2-3 litres of water a day
- Include good quality protein throughout the day
- Eat plenty of whole grain carbohydrates
- Eat a wide variety of fresh vegetables
- Include fresh fruit daily
- Avoid saturated fats
- Include healthy fats daily
- Remember to keep hydrated during training
- **YOU REALLY ARE WHAT YOU EAT!**



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BARWON HEADS RESORT

— AT 13TH BEACH —