

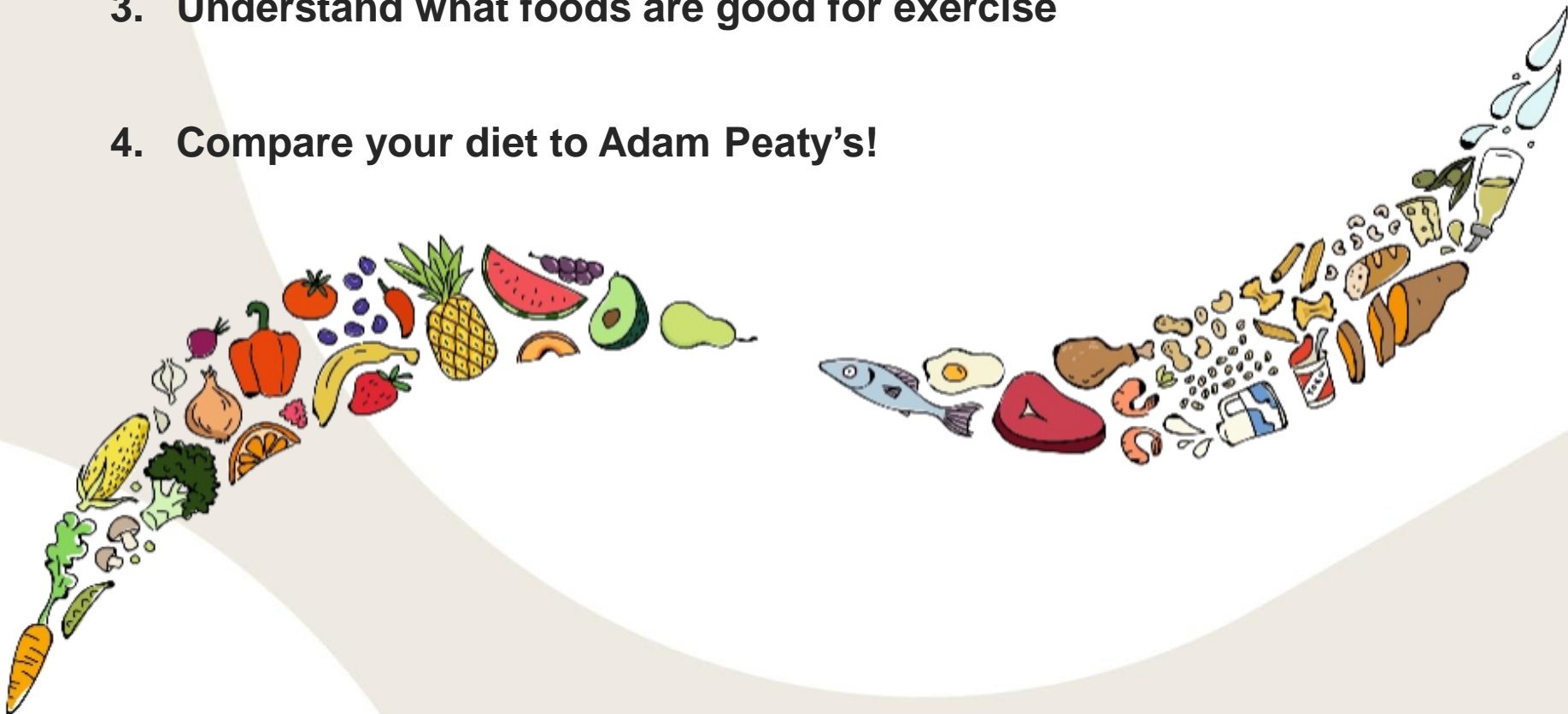
# Performance Nutrition

Eating to Win!

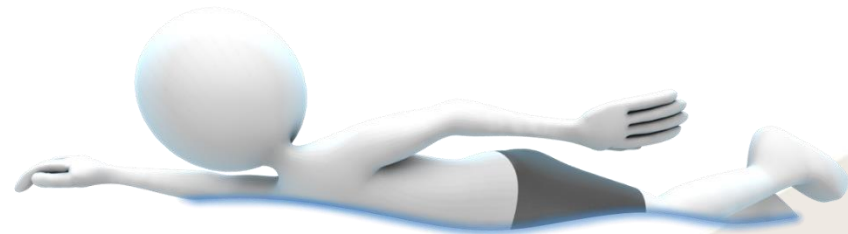


# Objectives for today

1. Appreciate why nutrition is important
2. Understand what food does for your body
3. Understand what foods are good for exercise
4. Compare your diet to Adam Peaty's!



# Why does it matter?



# Why does it matter? HEALTH



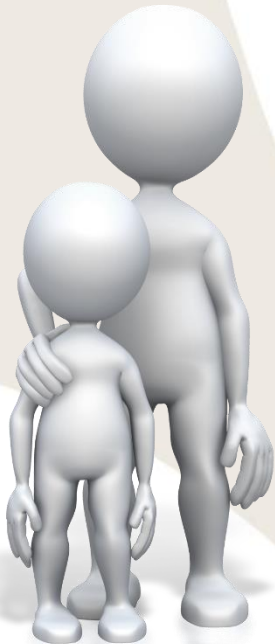
**You can't consistently swim quickly if you're not healthy**

**Healthy is about feeling strong, fit and ready to take on any challenge!**

**An unhealthy diet and lifestyle can lead to illness which keeps you out of the water**

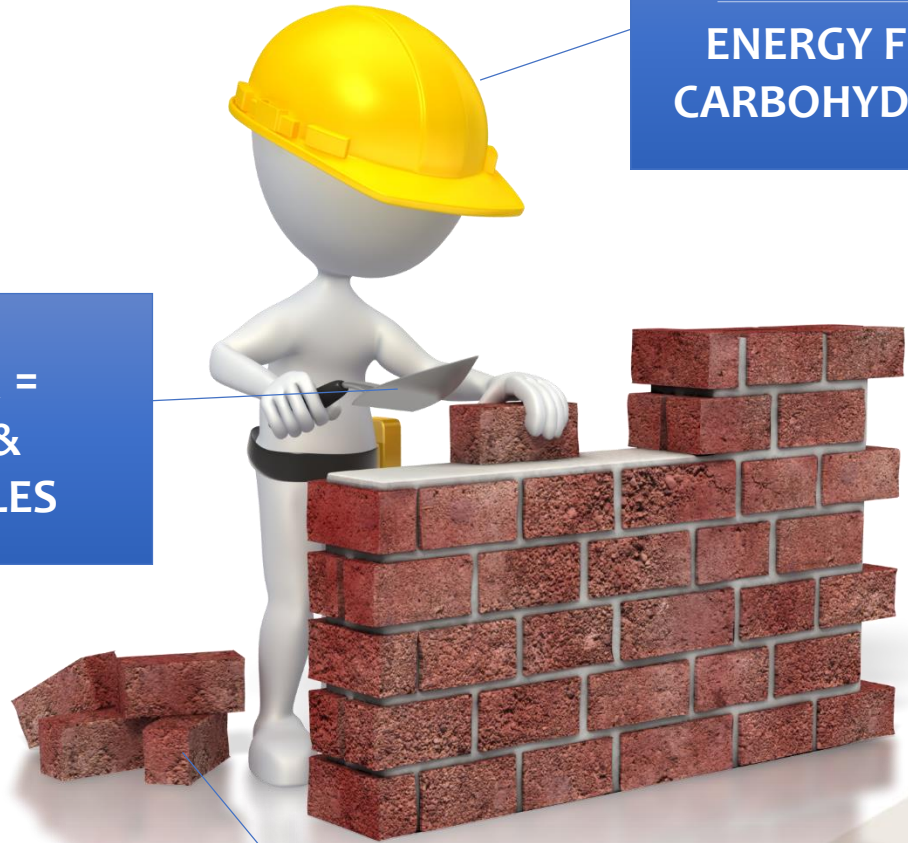
**Diet is also important for your mental health  
Eating well helps you concentrate and make better decisions**

# Why does it matter? GROWTH



**TOOLS =  
FRUITS &  
VEGETABLES**

**BUILDER =  
ENERGY FROM  
CARBOHYDRATES**



**BRICKS & MORTAR =  
PROTEINS & HEALTHY FATS**



# Why does it matter? EXERCISE

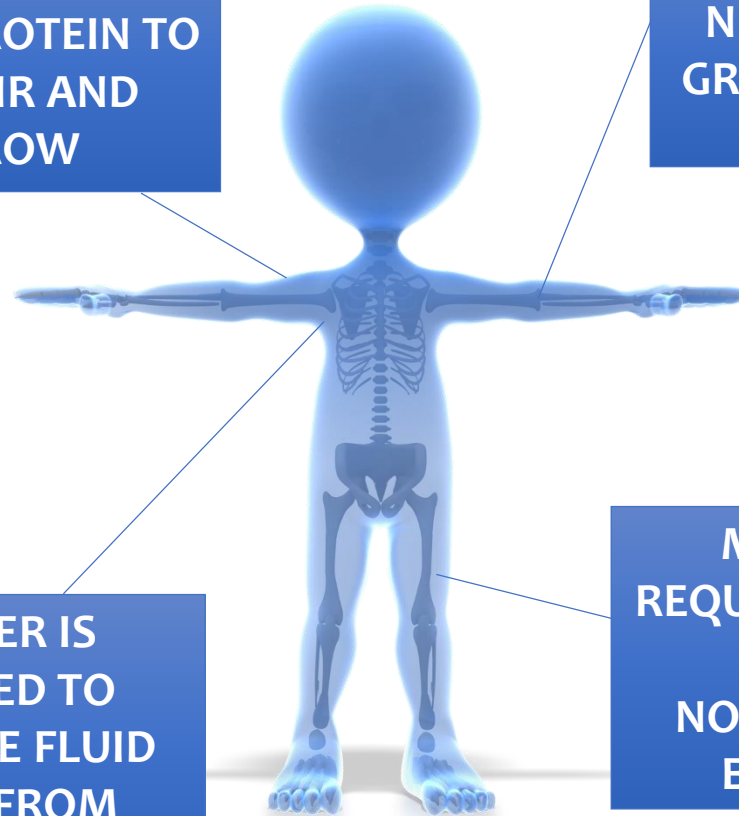


MUSCLES ALSO  
NEED PROTEIN TO  
REPAIR AND  
GROW

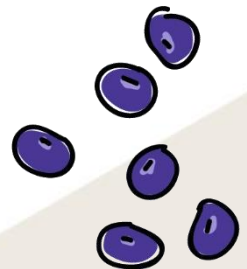
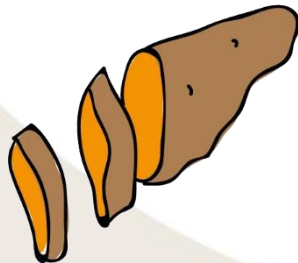
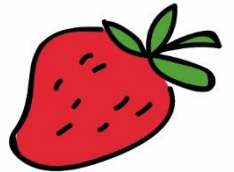
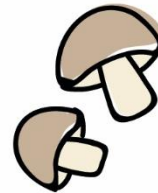
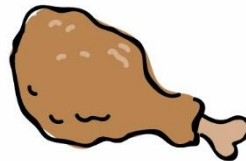
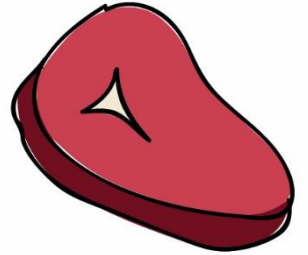
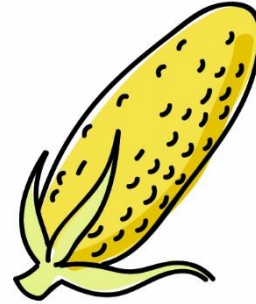
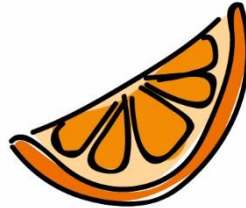
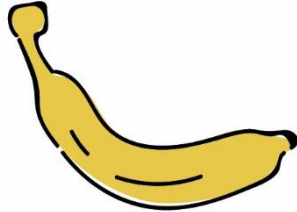
BONES NEED  
NUTRIENTS TO  
GROW AND STAY  
STRONG

WATER IS  
NEEDED TO  
REPLACE FLUID  
LOSS FROM  
SWEAT

MUSCLES  
REQUIRE FUEL TO  
WORK:  
NO FUEL = NO  
EXERCISE



# Quick Quiz... Name the food



# What do I do?

**FRUITS AND  
VEGETABLES FOR  
HEALTH AND GROWTH**

**JUNK FOOD IS  
OCCASIONAL AND  
IN SMALL  
AMOUNTS**



Eat less often and  
in small amounts



## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8  
a day

Water, lower fat  
milk, sugar-free  
drinks including  
tea and coffee  
all count.

Limit fruit juice  
and/or smoothies  
to a total of  
150ml a day.

**WATER  
FOR  
HYDRATION**

**CARBOHYDRATES  
PROVIDE THE  
FUEL FOR  
EXERCISE**



Choose unsaturated oils  
and use in small amounts

ALL DRINKS

**PROTEINS FROM MEAT, FISH, POULTRY, EGGS,  
BEANS AND DAIRY  
THESE HELP REPAIR OUR MUSCLES AND MAKE  
THEM GROW STRONGER**



# What's good for exercise?



## FUEL FOODS

Potatoes, pasta,  
rice, breads,  
oats, cereals,  
root  
vegetables...



## RECOVER FOODS

Meat, fish,  
chicken, dairy,  
eggs, peanuts,  
beans...



## THRIVE FOODS

All fruits and  
veggies – aim for  
at least 5 per day  
and vibrant  
colours

# Drink to win!

WE LOSE SWEAT TO KEEP  
US COOL

IF WE DON'T DRINK ENOUGH  
DURING EXERCISE THEN WE  
CAN BECOME DEHYDRATED  
WHICH MIGHT CAUSE FATIGUE



Aim for 8-10 glasses per day  
Water and milk are best

# Adam's Diet



Eats 7-8 times per day!

Lots of water

No junk food

12 servings of fruit &  
veg!

TIME	FOOD
0630	Porridge, banana, pint of water
0730-1000	Training (pool) - Water
1000	Pint of milk and apple
1100	Training (gym) - Water
1200	Chicken, sweet potato, salad + water
1400	Smoothie with yoghurt, fruit and spinach
1500-1800	Training (land & pool) - Water and fruit juice
1800	Bagel with ham and salad + Pint of water
1900	Salmon with rice and vegetables + water
2100	Yoghurt with blueberries

# Adam v. You?



- 12 servings of fruit & veg
  - 9 servings of fluid
- Low sugar and no junk food
- Wholegrains for energy to train
  - Protein for recovery

V.



# What can YOU do?

**EAT BREAKFAST** – *It's important to fuel your training and school work*



**HYDRATE** - *Have a water bottle with you at training and school*

**THRIVE FOODS** – *Eat your fruit & veggies!*



**SNACK AFTER TRAINING** – *Start recovering quickly*

**DRINK MILK** – *Perfect for hydration, energy and recovery!*





# Important Points from today

- Appreciate that food is important for HEALTH, GROWTH & EXERCISE
- Recognise that what you eat and drink is important to your swimming
- Recognise the types of foods that a swimmer needs to have in their diet
- Appreciate how much dedication goes in to a Gold Medal winning diet!



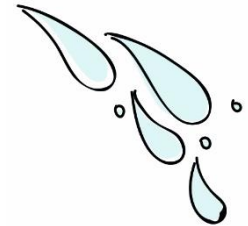
FUEL



RECOVER



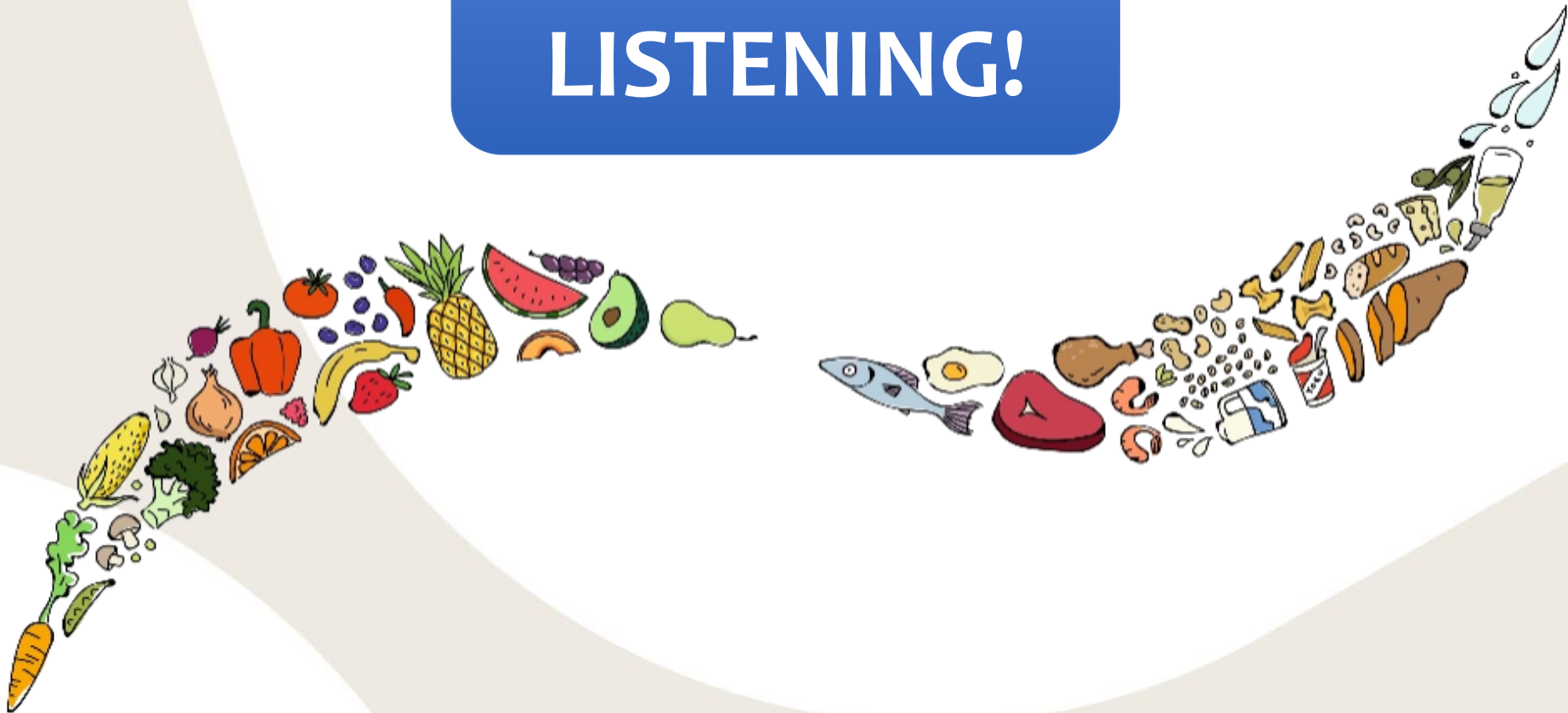
THRIVE



FLUIDS



**THANKS FOR  
LISTENING!**



# Better or Worse?



**PORRIDGE**

OR



**FRIED BREAKFAST**

# Better or Worse?



**BAKED POTATO  
WITH TUNA AND  
SALAD**

OR



**SAUSAGE & CHIPS**



# Better or Worse?



OR

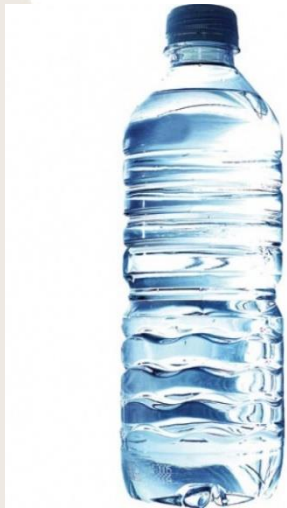


**CHOCOLATE BAR**

**CEREAL BAR**



# Better or Worse?



**WATER**

OR



**SPORTS DRINK**

# Better or Worse?



**HOT CHOCOLATE  
(OR FLAVOURED  
COFFEE'S)**

OR



**MILK**