


Nutrition for Performance



Stephen Barrett MSc CSCS
Applied Exercise Physiologist
Performance Director
Aqua Blue Sport
 **@spbarrett9**

What type of athlete am I?



**How do I
become a
better athlete?**





Recovery

**Quicker
Recovery**

=

**More
Training**



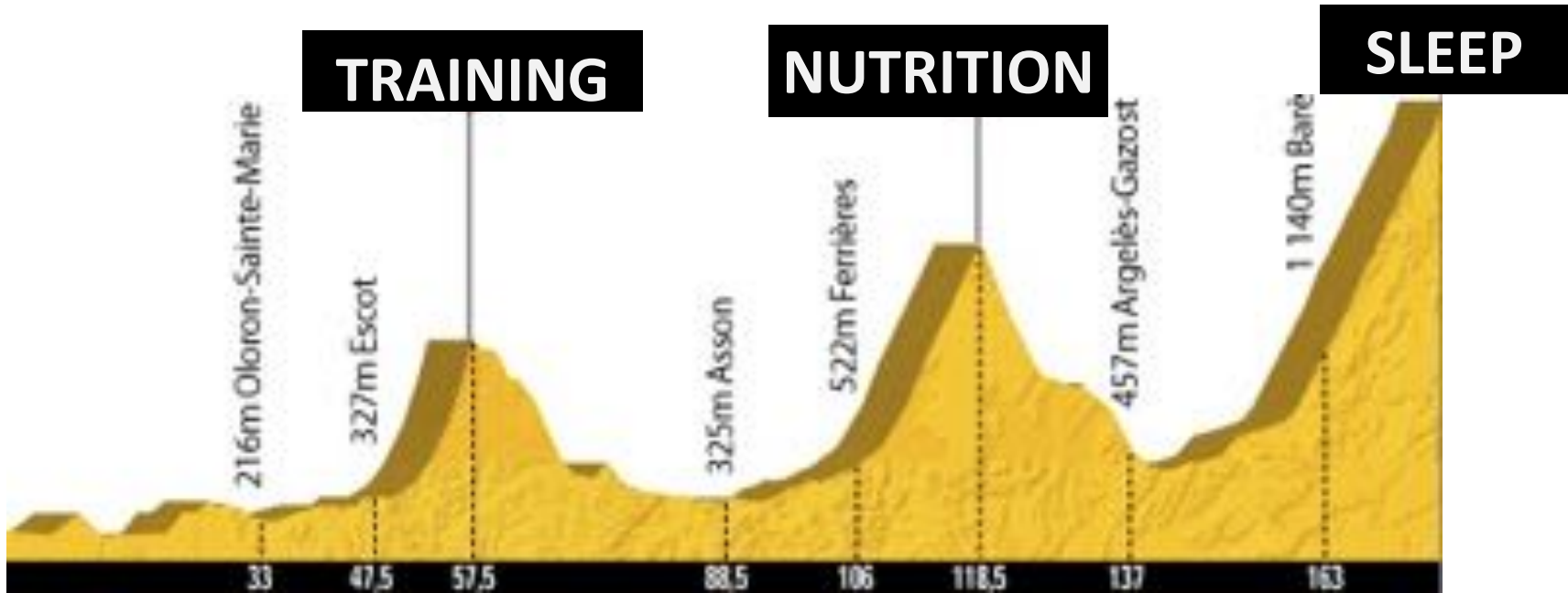
Faster Results





**So How Do
I Speed
Recovery?**

3 Peaks of Performance





NUTRITION





CORTISOL

INSULIN

CORTISOL

TESTOSTERONE

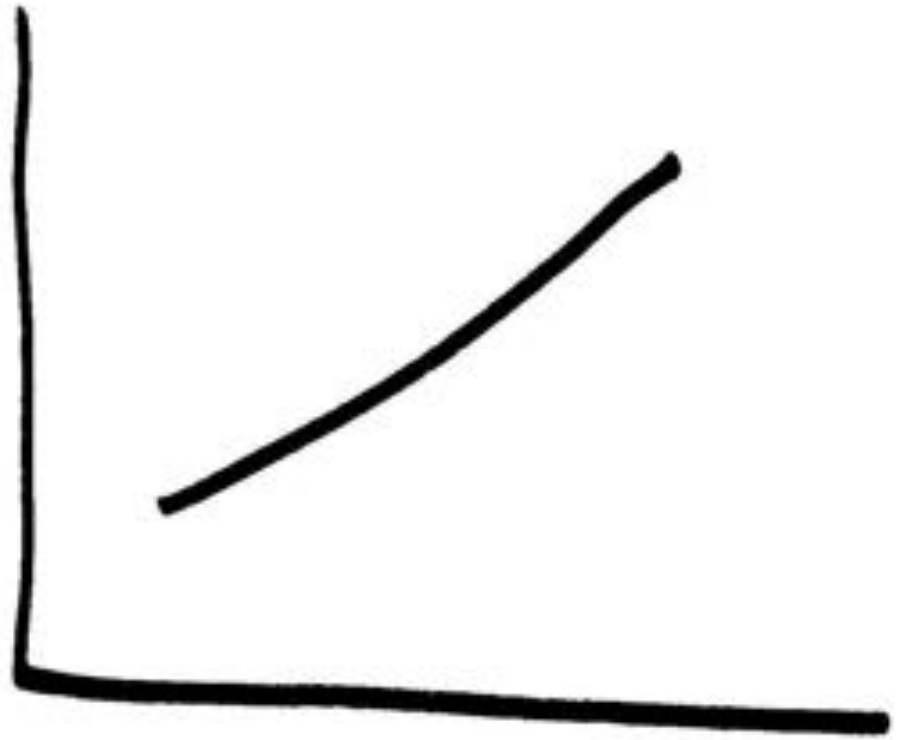
MELATONIN

MELATONIN

INSULIN

GROWTH HORMONE

EFFECTIVENESS



SIMPLICITY

The Important Essential Stuff

- Pitch Work
- Skills & Drills
- Match Practice
- Tactics



Essential If You Want To Compete

- Fitness
- Gym Work
- Flexibility
- Physio & Massage



Essential If You Want To Win

- Diet
- Sleep
- Body Comp
- Hydration

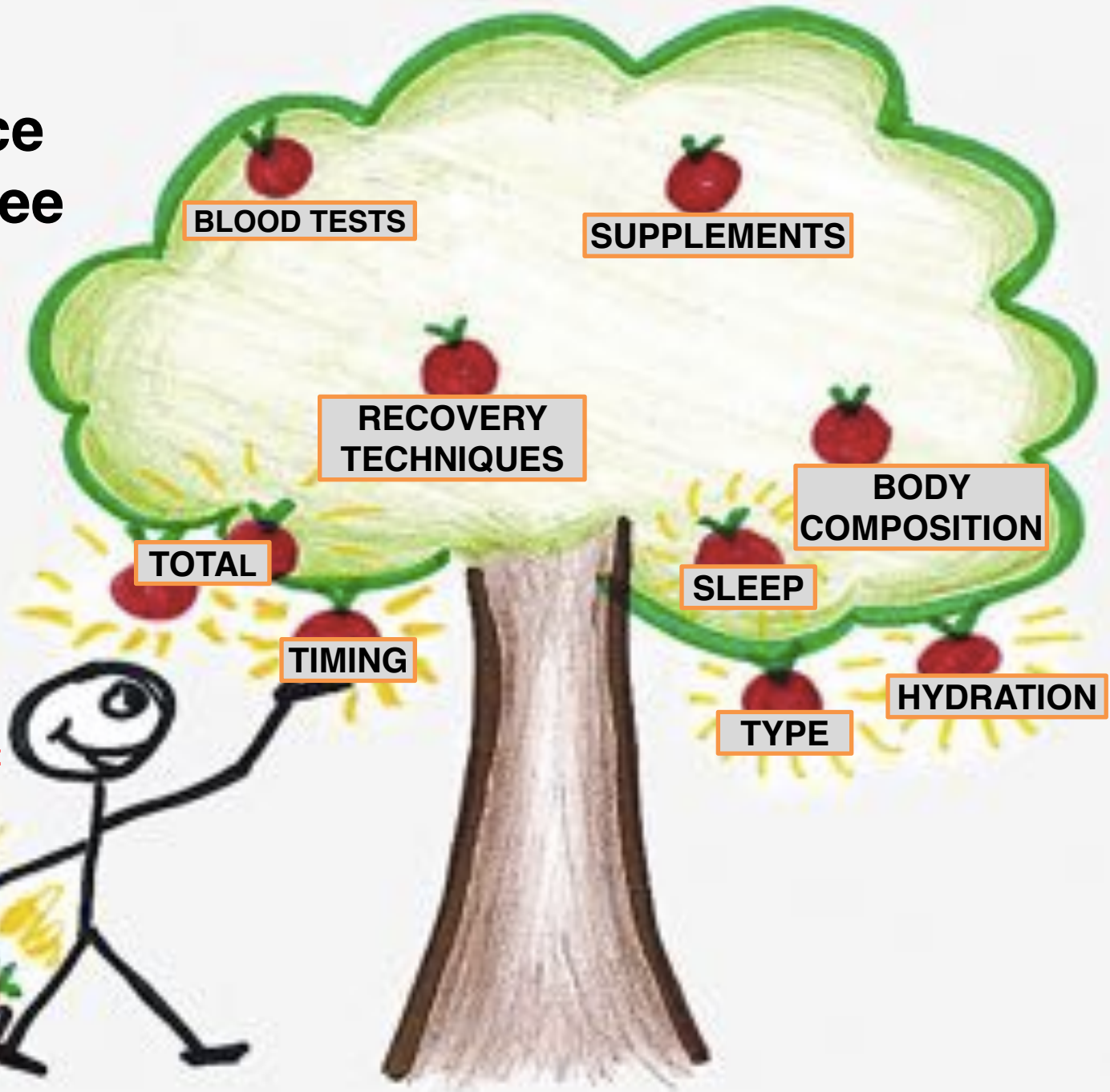
The Edge

- Mental Edge
- Nutrient Timing
- Reco 2.0
- Supplements





The Performance Nutrition Tree



Pick The Low Hanging Fruit

AVOID



-Feel Sick

-Feel Bloating

-Hidden Toxins

-High Calorie Low
Nutrient Density

-Feel Lethargic, Foggy,
Sub-Optimal

-Inside isles of the
Supermarket

EAT



-Replenish Muscles

-Cognition and Energy Levels

- Recovery

-Nutrient Density

-Fuller for Longer

-Improve Mood

CARBOHYDRATES

Porridge Oats

High Sugar Fruit

Sweet Potato

White Potato

Organic Wheat

Refined Sugars



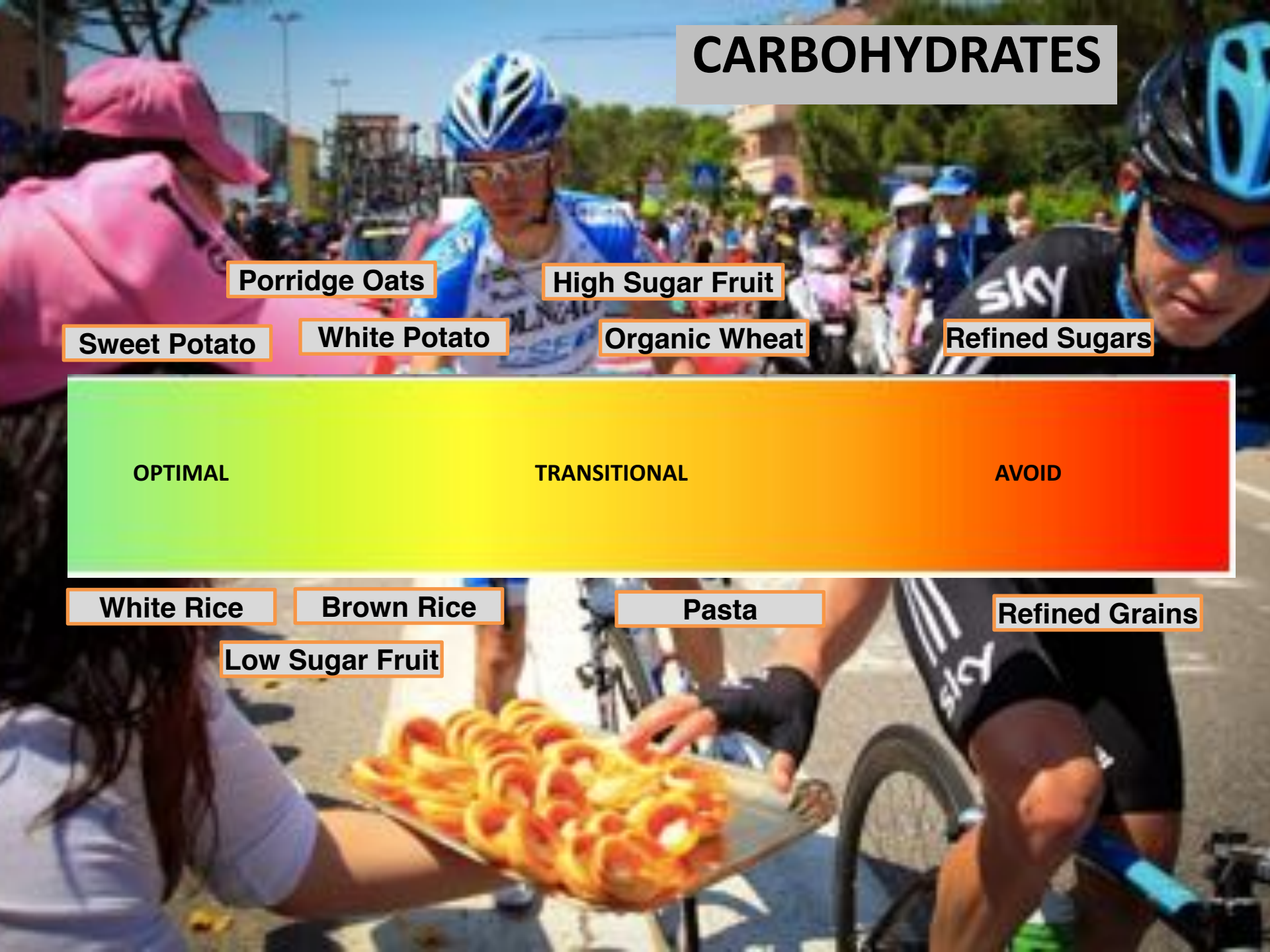
White Rice

Brown Rice

Pasta

Refined Grains

Low Sugar Fruit



PROTEIN

Cod, Tuna, Mackerel etc.

Farmed Seafood

High Sugar Protein Powder

Free Range Eggs

Cottage Cheese

Soy Milk, Tofu

OPTIMAL

TRANSITIONAL

AVOID

Salmon

Beef, Lamb

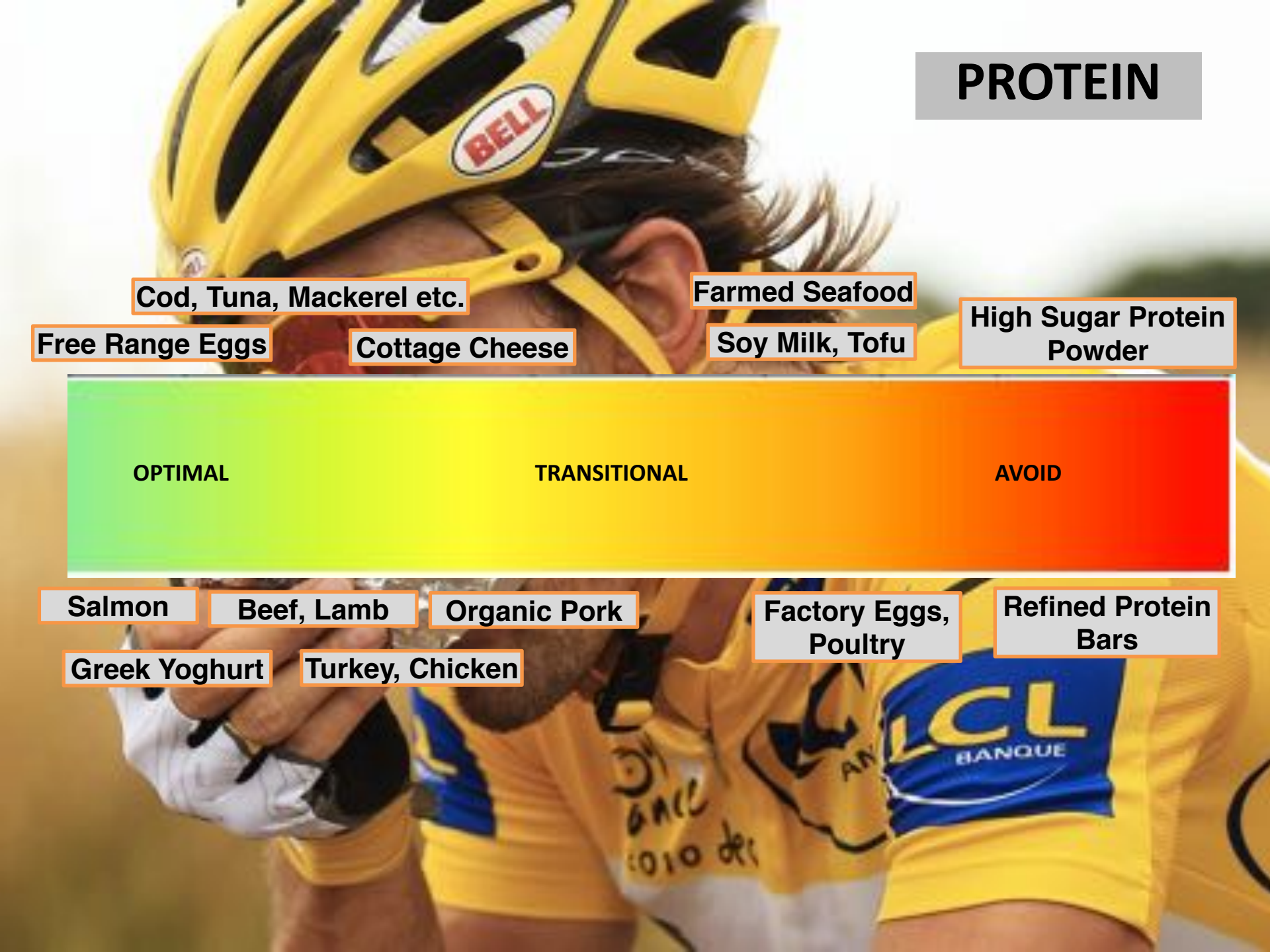
Organic Pork

Factory Eggs,
Poultry

Refined Protein
Bars

Greek Yoghurt

Turkey, Chicken



FAT

Extra Virgin Olive Oil

Fish

Red Meat

Butter

Vegetable Oils

Margarine

OPTIMAL

TRANSITIONAL

AVOID

Coconut Oil

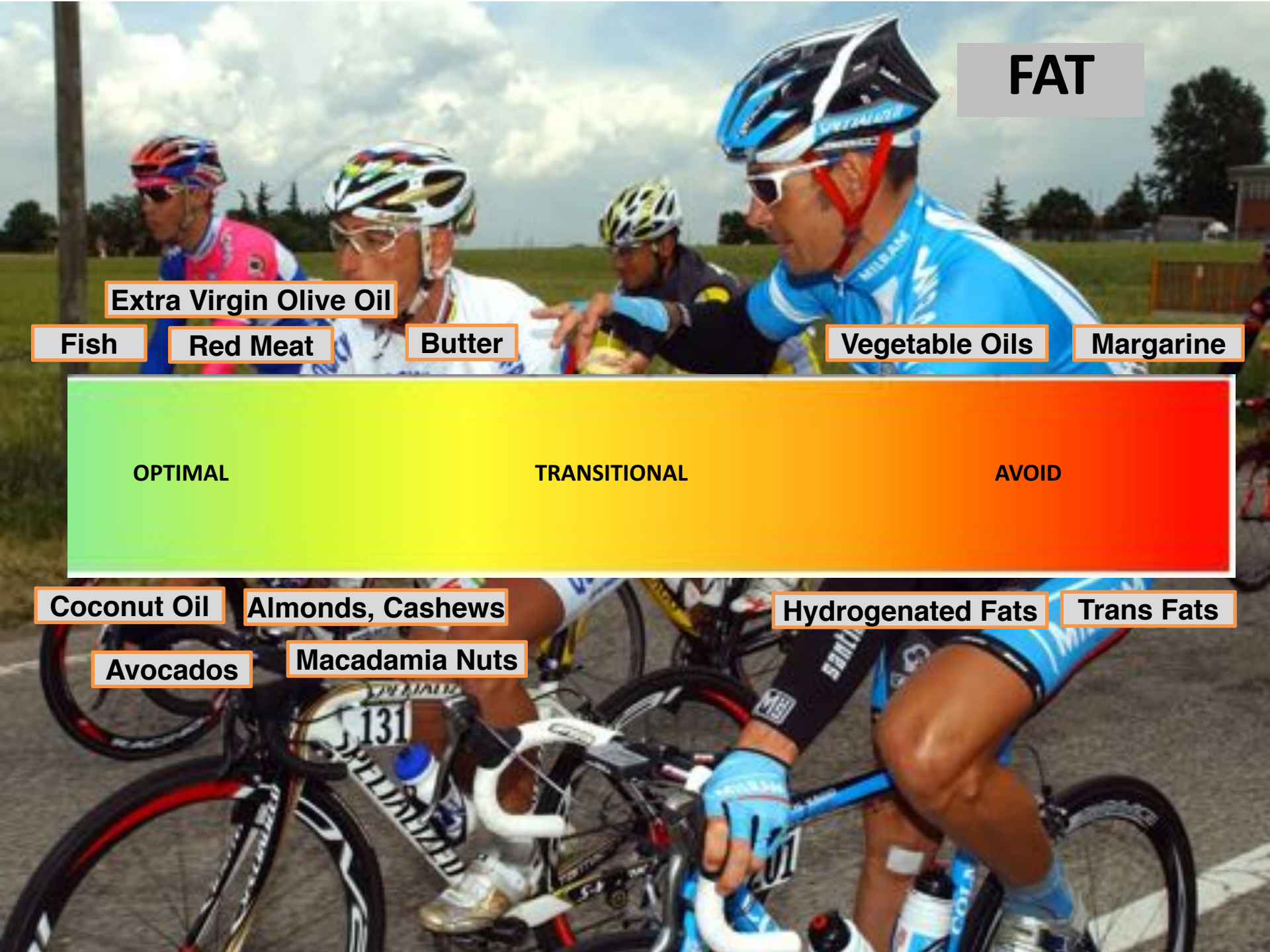
Almonds, Cashews

Hydrogenated Fats

Trans Fats

Avocados

Macadamia Nuts



	Vegetables	Fruits	Protein	Fat	Spices/Sauces
OPTIMAL	Celery	LOW SUGAR	Free Range Eggs	Avocados	Cinnamon
Porridge Oats	Broccoli	Blackberry	Beef	Coconut Oil	Paprika
Sweet Potato	Cauliflower	Raspberry	Steak/Mince	Real Butter	Sea Salt
White Rice	Cucumber	Strawberry	Lamb	Nuts/Seeds	Pepper
	Spinach	Blueberry	Pork	Cashews	Lemon Juice
GOOD	Kale		Chicken	Almonds	Turmeric
White Potato	Mushrooms	MED. SUGAR	Turkey	Hazelnuts	Mustard
Brown Rice	Lettuce	Pineapple	Bacon	Macadamia	Lo Sugar Ketchup
Quinoa	Brussel Sprouts	Orange	Most Fish	Walnuts	Lo Salt Soy Sauce
Gluten-free Bread	Cabbage	Grapefruit	Salmon	Brazil Nuts	Tomato Sauces
	Green Beans	Apple	Mackerel	Almond Milk	
AVOID	Onion	Kiwi	Tuna	Coconut Milk	
Pasta	Carrots	Plums	Cod	Soy/Tera Drink	
Bread	Beetroot	Pears	Greek Yoghurt	AVOID	
Wheat	Peppers	Melons	Milk	Soy Milk	
	Tomatoes		Beef Jerky	Margarine	
	Asparagus	HIGH SUGAR		Vegetable Oil	
		Banana		Most Cheese	
		Mango			
		Dates			
		Raisins			
		Grapes			
		Dried Fruit			
		Honey			

Beverages
Black Coffee
Green/Peppermint/ Black Tea
Full-Fat Milk and Almond/Coconut Milk
Plain Water (add lemon or lime to taste)
Coconut Water
Protein Shakes (post training/match)
Approved Sports Drinks before games
Chocolate/Strawberry Milk (post training/match)
AVOID
Soy Milk
Fizzy/Diet Drink
Non-approved Fruit Juices and Sports Drinks

RECOVERY PROTOCOL



Common Sports Recovery Strategies



① PROMOTE MUSCLE REGENERATION



Nutrient Timing

- Post Training 'Window of Opportunity'
- Carbohydrate and Protein in a 2:1 ratio immediately following training
- Acts as a tool for rehydration also



2 REHYDRATE

Rehydration

- Start Immediately After Exercise Cessation
- Aggressive rehydration is not needed
- Fluid consumed over time (~200ml/15mins)
- Limit caffeine consumption which can increase urinary excretion of electrolytes
- Urine colour is the perfect measure if you are hydrated enough



If your urine matches the colours numbered 1, 2, or 3 you are **HYDRATED**

If your urine matches the colours numbered 4 to 8 then you are **DEHYDRATED** and need to drink more fluid



3 RESTORE GLYCOGEN STORES

Restore Glycogen



2g/Kg/BW (PRO) – 80kg Male – 160g
7g/kg/BW (CHO) – 80kg Male – 560g



**DAILY
RECOMMENDATIONS**

WHAT TO EAT AND WHEN TO EAT IT

Breakfast: 2-3 servings of Protein and 1-2 servings of Fat

Lunch: 0-2 serving of Carbs, 1-2 servings of Protein and 1 serving of Fat

Dinner: 1-3 servings of Carbs, 2 servings of Protein

Snack: 0-1 serving of Protein, 0-1 serving of Carbs and 1 serving of Fat

Before Training/Match: 1-3 serving of Carbs and 1 serving of Protein *(replaces lunch on game day)*

Post Training/Match: 2-3 serving of Carbs and 1-2 serving of Protein *(replaces dinner on game day)*

Before Bed Snack: 1 serving of Protein and 1 serving of Fat



FOOD FIRST APPROACH





The Importance of Sleep



Mood Stabiliser

Immune System

What We Can Do About It...

Aim to get to bed at least 1 hours before midnight

Avoid blue light too close to bedtime

Sleep in complete darkness and don't use an alarm



Reserve your bed for sleeping not working or watching TV

7.5-9hrs of sleep is optimal with 12-3am the most important

Keep your bucket full!



Training
School work
Stress