



# OFFALY GAA



NUTRITION  
FOR PEAK  
PERFORMANCE



# NUTRITION ESSENTIALS



## NUTRITION GOALS

Our approach to nutrition has four main goals.  
These goals are to –

- Encourage Optimal Health and Prevent Disease
- Improve Body Composition
- Maximize Day to Day Energy Levels
- Optimize Recovery

# NUTRITION RULES TO LIVE BY

- **Be carbohydrate Smart**  
Choose good carbohydrate sources and match your carbohydrate intake to your daily training load. Increase on exercise days and decrease on rest days.
- **Eat 6/8 portions of fruit and vegetables daily**  
Don't neglect fruit and veg. Eat more vegetables than fruit and aim to add to each meal every day.
- **Eat every 3 / 4 hours**  
Don't skip meals and keep your body fueled with good food choices every 3 to 4 hours roughly giving you 5/6 meals per day.
- **Eat healthy Fats**  
Don't fear fat. Fat is an essential part of a healthy nutrition plan. Choose healthy fats.
- **Eat protein every time you eat.**  
Each meal and snack should contain a complete source of protein.
- **Focus on whole unprocessed foods**  
Most of your food choices should be whole natural foods with very few ingredients.
- **Make water your number 1 drink**  
Limit liquid calories to around training times only. No soft drinks etc.
- **Plan ahead**  
Cooking in bulk can save lots of time and plan out your food for the day ahead.

# CARBS / PROTEINS / FATS

**Carbohydrates - Control insulin levels to improve energy, recovery and weight management.**

Carbohydrates main function is to fuel your body. Carbohydrates control appetite, energy levels, weight, and fuel efficiency. It is best to match your carbohydrate intake to the training that you are doing. Fuel your body for the days you need to use your fuel. Avoid processed foods and simple sugars. Avoid any high GI carbohydrates especially before training.

**White = Worse, Brown = Better**

**White (High GI carbs) – Quick Release Energy.** Only suitable immediately before, during and after training. Results in energy dips – fatigue, hunger, weight gain.

**Brown (Low GI carbs) – Slow Release Energy.** Steady delivery of glucose to muscles and used as fuel, increases fat usage. Results in consistent energy, appetite control and better weight management.

**Low GI Carbs =** Oats, Muesli, wholegrain breads (wholewheat, rye, spelt), pasta (wholewheat, spelt, buckwheat), most veg, berries, Quinoa, Brown rice, Sweet potatoes.

**High GI Carbs =** sports drinks, baguettes, bagels, white bread, muffins, cakes, sweets, bananas, chocolate, most cereal bars, white rice, noodles, white potatoes, breakfast cereals, dates, raisins, pizza, chips, pastries, buns etc....





# CARBS / PROTEINS / FATS

Protein - necessary for growth, maintenance, and repair of body tissue.

Athletes require protein to increase muscle mass and strength and general fitness. Complete proteins are needed on a regular basis (every 3/4 hrs). You should aim to eat 2g protein per kw bodyweight each day.

(2g per kg bw, eg. 80kg -> 160g protein per day)

Include a full protein serving in every single snack and meal!!

Best Sources- Red meat, turkey, fish and dairy.



Fats-Not All Unhealthy!!

Athletes need fats for fuel & insulation. Fats trigger the body to metabolize fats. Omega 3's stimulates fat breakdown.

**Eat mainly good fats (nuts/seeds everyday, olive oil every day, fish 3 times/week) and naturally sourced animal fats (Natural Yoghurt, eggs – daily, red meat: 1-2/week)**



# PERFECT PLATE DESIGN



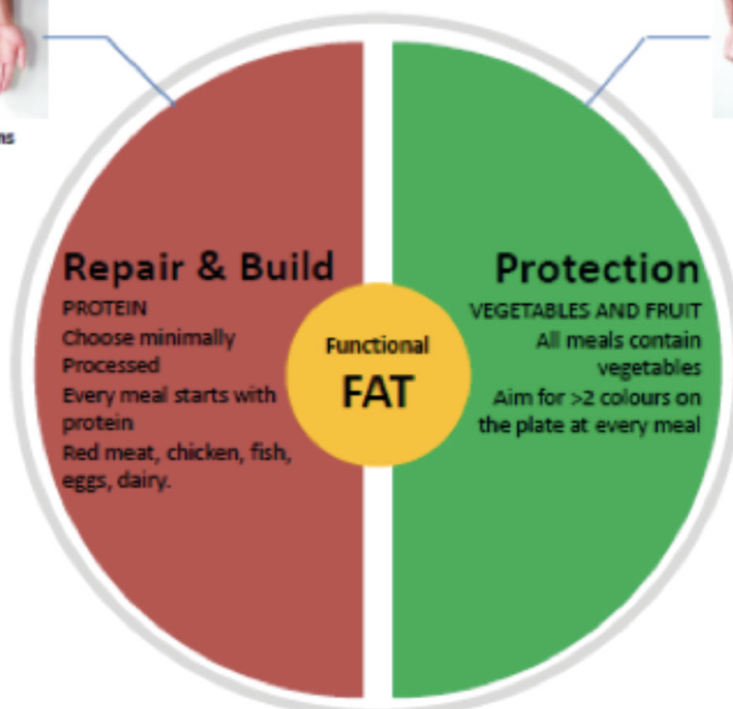
## YOUR JOB – Meals ANYTIME MEAL



Portion = 2 palms



Portion = 2 Fists



## Sustain

### HEALTHY FATS

Choose higher fat foods in meals low in carbohydrate  
Olive/coconut oil/real butter, dressing, unsalted nuts/seeds, avocado, fatty cuts of meat

# PERFECT PLATE DESIGN



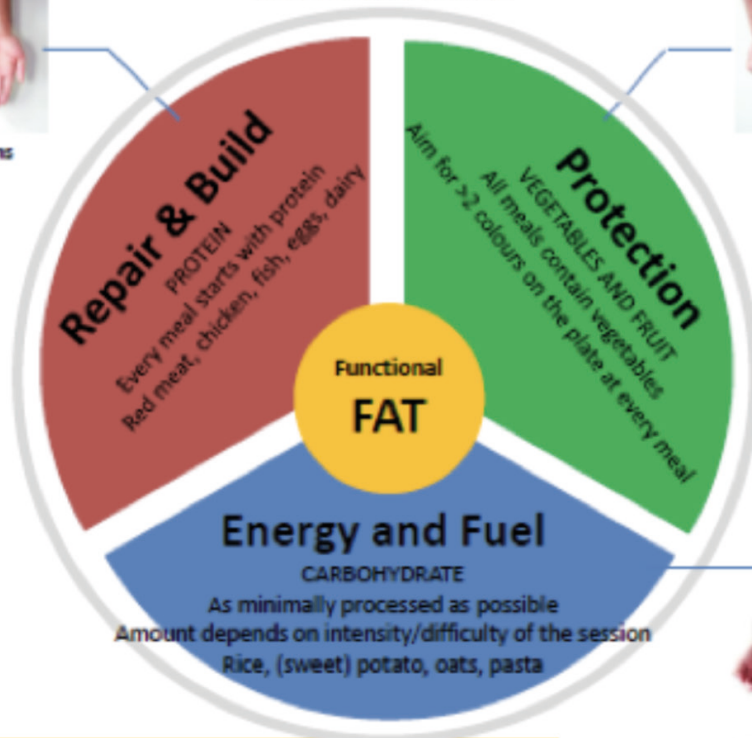
## YOUR JOB – Meals RECOVERY MEAL



Portion = 2 palms



Portion = 2 Fists



1 Portion = 2 cupped palms

Easy (RPE 1-4) = 0.5 – 1 portion

Medium (RPE 5-7) = 1 -2 portion

Hard (RPE >8) = 2 – 3 portions

## Sustain

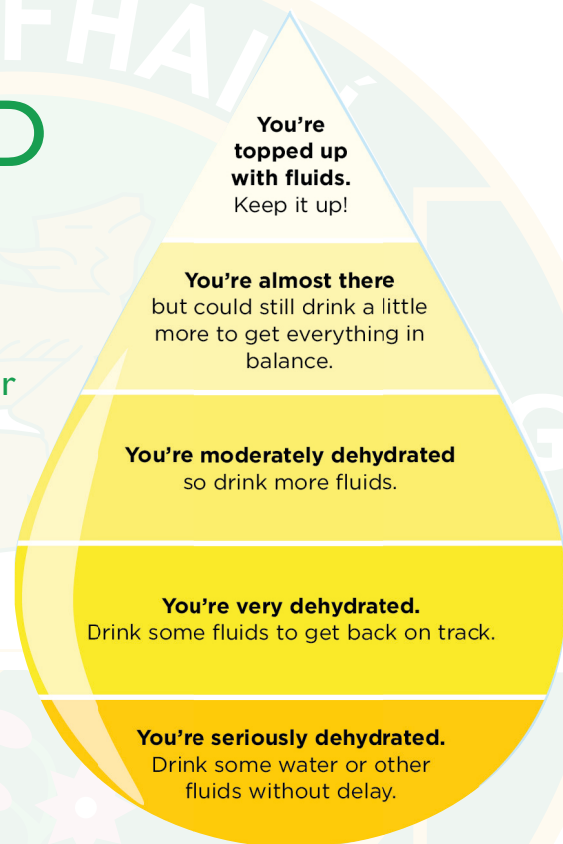
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# HYDRATION

## HOW DEHYDRATED ARE YOU?

A quick way to test how well you're hydrated is to check the colour of your urine



- Always monitor the colour of your urine and use the above chart for measurement
- Aim to drink 3 to 4 litres of water per day
- Being dehydrated by as little as 2% has been shown to have significant impact on cognitive performance