
High carbohydrate diets can increase an athlete's endurance by increasing glycogen stores. When muscle glycogen is depleted through exercise, muscles become fatigued. Because the first 20 minutes of exercise is fuelled mainly by glycogen, it is important for people who are active to eat a diet rich in carbohydrates. Athletes require a daily intake of 9-10g of carbohydrates per kilogram body weight, or 60-70% of total energy. To replete glycogen stores, it is important to consume simple sugars after exercising. Fruit and fruit juices are ideal choices.

Consumption of foods with a low **Glycaemic Index (GI)** before prolonged exercise provides a slowly released source of glucose and results in greater endurance. Meals eaten before sport should be easy to digest, low in fat and include plenty of fluid.

Discouraging gluten pre-event as many athletes, probably mediated via anxiety and stress, do not seem to handle excessive gluten pre-event very well.

Essential fatty acids such as fish oil, flaxseed oil, minimally processed cold pressed, vegetable oils, nuts, seeds, Avocado are also important.

During and after exercise, lightly flavoured water drinks are beneficial to prevent dehydration. High GI foods can be beneficial during and after exercise to prevent hypoglycemia. Meals consumed after exercise should contain moderate protein and plenty of fluids (water).

Establishing peak performance through correct nutrition helps lessen fatigue and aids recovery from injury.

DIETARY SUGGESTIONS

1. Before participating in sport, choose high carbohydrate, low fat foods with which you are familiar and comfortable.
2. The pre-event meal should be consumed 4-6 hours before competition.
3. Low GI choices to be consumed prior to exercise include bananas, baked beans, bran cereals, reduced fat milk and yoghurt. High GI choices for after exercise include potatoes, fruit juice and white bread.
4. Consume 30-60g of carbohydrate per hour during endurance events, preferably in the form of a liquid, for example Thorpedo Sports Drink (which contains 27g per 600ml).
5. For the quickest replacement of glycogen stores, eat 1-2g of carbohydrate per kg body weight soon after finishing exercise. For example, if you weigh 70kg, consume between 70-140g of carbohydrate.
6. During prolonged exercise, or during warmer weather, increased fluid intake is required. At least 2 litres of water should be consumed daily.
7. Fat intake should be kept to below 30% of total energy intake, therefore it is necessary to consume low fat dairy products, trim fat off meat and reduce oil/margarine intake. Increase essential fatty acids in diet. (eg. oily fish)
8. See a qualified wholistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively develop an individualised, strategic intervention plan to optimise sports performance.

Sports NUTRITION



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SPORTS NUTRITION PRODUCTS

- ♥ Less than 3% fat (low saturated fat)
- Gluten free, wheat free
- ★ No added sugar
- Low GI

Biscuits – 97% Fat Free

- ★♥ Apricot Temptation (GI – 47)
- ★♥ Spicy Apple Sensation (GI – 47)
- ★♥ Blueberry Bliss (GI – 47)
- ★♥ Sticky Date (GI – 47)
- ★♥ Zesty Ginger (GI – 47)

Fruit Spreads

- ★♥ Apricot (GI – 29)
- ★♥ Raspberry (GI – 26)
- ★♥ Strawberry (GI – 29)
- ★♥ Marmalade (GI – 27)

Sauces

- ★♥ Tomato Pasta Sauce

Snacks

- ♥ Baked Corn Chips - Plain

Beverages

Organic grape juices

- ★♥ Black Muscatel
- ★♥ Shiraz
- ★♥ White Muscatel
 - Energy Drinking Chocolate

Spreads

- ♥ Vege Spread (yeast free)
- ★ Soy Butter

Confectionery

Fruit strips enriched with a vitamin & mineral blend

- ★♥ Apple & Apricot (GI – 29)
- ★♥ Pear & Peach (GI – 29)
- ★♥ Plum & Apple (GI – 29)

Slices/Bars

Gluten Free, Wheat Free Slices

- ★♥ Strawberry Multipack – **Medium GI (58)**
 - Choc Chip Multipack
- Omega Bar – good source of omega 3 & 6 (GI – 21)
 - ★ Super Berry Breakfast Bar, only 4% fat, – **Medium GI (57)**

Breakfast Bar

- ★♥ Hi-Lite Breakfast Bar (GI – 53)
- ★ Gluten Free Breakfast Bar (GI – 50)

Breakfast Cereals

- ★♥ Hi-Lite enriched with vitamin C, iron & folate (GI – 54)
- ★♥ Rice Flakes with Psyllium
- ♥ Rice Puffs with Psyllium
- ♥ Corn Flakes with Psyllium
 - ★ Porridge Quick Oats (GI - 50)
 - ♥ Ultra Rice with Psyllium,
 - ★ Yeast Free, Wheat free Muesli (GI – 44)
- ★ Gluten Free, Wheat Free Muesli (GI – 50)

Pastas

Enriched with a vitamin & mineral blend & added fibre

- ★♥ Enriched Rice (GI – 51)
- ★♥ Enriched Spaghetti (GI – 51)

Bakery

- ★♥ All-Purpose Flour
- ★♥ Pancake Shake – **Medium GI (61)**
- Corn Fritter (GI – 34)

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 - 69

High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website

www.freedomfoods.com.au or free-call 1800666231 for further information.