

get better results: eat well for exercise

TOM SHAND, NZ REGISTERED DIETITIAN

1 BUILD STRONG FOUNDATIONS.

A nutritious day to day diet is the foundation that physical performance is built on.

2 AMOUNTS MATTER.

The amount of these nutrients you require on a day to day basis depends on the type of training you are doing, but also personal factors such as your body weight and how well you are responding to your training programme.

3 ALL NUTRIENTS ARE IMPORTANT.

Protein gets the glory, but carbohydrates, healthy fats, and vitamins and minerals all play essential roles in performance.

4 YOU HAVE NOT FINISHED TRAINING UNTIL YOU HAVE EATEN YOUR RECOVERY MEAL.

Include protein for muscle growth and repair, carbohydrates to replenish your fuel stores, and fruit and veggies to keep your engine oiled.

5 CARBS GO ZOOM.

Carbohydrates are our most efficient fuel during exercise. If you want a scientifically proven method to go further and faster, then increase the amount of carbohydrates you consume during exercise.

6 DON'T TRY SOMETHING NEW ON EVENT DAY!

Practise consuming carbohydrates during training so that on event day you will be fitter, can tolerate more, and are confident in your nutrition strategy.

7 PROTEIN ON THE GO.

Protein powders are not theoretically necessary but can be a convenient way to meet protein requirements on the go.

8 THE VEGANS ARE ALRIGHT.

You can meet the vast majority of your nutrition requirements as a vegetarian or vegan athlete, although you may need to pay particular attention to protein, iron, and calcium, and supplement B12.

9 SAVE YOUR MONEY.

There are a handful of supplements such as creatine, nitrates, BCAA's, and sodium bicarbonate that are scientifically proven to improve training and performance. But before purchasing, make sure you speak with a dietitian to ensure they will actually help you, so you don't waste your \$ on expensive urine.

10 FIT FROM FAT?

If you decide to adopt a low carbohydrate diet, it is important to discuss this with a dietitian to ensure you are meeting all your nutrient requirements, and have structured it optimally.



Would you love to get some personalised nutrition advice from Tom?

- Tom can help face-to-face in Wellington or wherever you live via phone or video call
- Find out more about Tom by [clicking here](#).
- See Tom's calendar to make an appointment, [click here](#).
- Good news! If you have health insurance, you might be able to claim part or all of the cost of your consultation back.

