

HIGH PERFORMANCE NUTRITION

TO GET THE RESULTS YOU CRAVE

...ladies, start your engines...!

So you think you eat pretty healthily and train pretty regularly, but yet you aren't seeing the results you feel you deserve. If you're looking to kick your diet up a notch, fuel your training and rev your metabolism, incorporating high-performance nutrition into your eating regimen could be the answer to getting the body of your dreams.



HIGH PERFORMANCE CHANGES YOU CAN MAKE *today!*

High performance nutrition is eating for optimal energy and health to achieve your desired goals (e.g. lose fat, toned muscles, boost your immune system, slow down ageing), while simultaneously fuelling your training to allow for the best possible results from your workout. Try these tips to incorporate high-performance nutritional concepts into your routine:

DON'T SKIMP ON CARBS

You are going to be training hard, so getting enough carbs is essential for proper muscle repair and building. Don't be afraid to up your carb intake to ensure your workout is properly fuelled.

LEAN AND MEAN MEALS

When doing high-performance training, it is important to plan meals that are healthy, quick, easy and balanced with a source of protein, carbs and veggies.

EXAMPLES OF SUITABLE MEALS INCLUDE:

- Pasta salad
- Grilled chicken and salad in a pita bread
- Raw chopped vegetables (e.g. cucumber, red pepper, baby tomatoes) with hummus, avocado and cottage cheese as a dip, with some whole wheat crackers or Provitas
- Tuna salad with whole wheat crackers or a low GI seed bread
- Feta and couscous salad
- Pasta with a little lean beef, ostrich mince or chicken breast and/or vegetable or tomato-based topping (no cream)
- Grilled chicken breast with sweet potato and veggies
- Baked potato with tuna, chicken or vegetable-based topping and salad

SNACK SMART

We know you've heard before that having small, regular meals is important to boost your metabolism, but it is also important for high performance training to ensure you are getting a steady supply of the right nutrients. Unfortunately many individuals put a lot of effort into planning a healthy breakfast, lunch and dinner, but when it comes to their snacks they simply grab the nearest packet of crisps or whatever else is convenient. However, your snacks should ideally also be balanced with some protein and carbs. In this way your snacks will help to optimally fuel your training, as well as improve your recovery from training.

EXAMPLES OF SUITABLE SNACKS INCLUDE:

- Yoghurt and fresh fruit
- Sports/energy/health bars and sports drinks
- Health bread/ seed loaf/ whole wheat crackers (e.g. Provitas) with yellow cheese/ low-fat cottage cheese/ avocado/ peanut butter
- Breakfast cereal and low-fat milk or yoghurt
- Toast made from low GI bread with low-fat cold meats, reduced-fat cheese, chicken, boiled egg, tuna or peanut butter
- Meal replacement shakes (made with water or low-fat/fat-free milk) if you don't have an appetite

your breakfast



YOUR CURRENT DIET

Bran cereal with low-fat milk and a sliced banana and a glass of orange juice.

KICK IT UP A NOTCH!

Oat Bran with berries, fat-free yoghurt and a scoop of whey powder, washed down with a glass of pomegranate juice.

WHY IT'LL IMPROVE YOUR PERFORMANCE

Oat Bran is high in fibre and therefore aids in digestion.

Berries are rich in antioxidants, which not only have anti-aging and anti-cancer properties, but also help to repair damage that can result from intense training.

Fat-free yoghurt is a great source of probiotics, which aid digestion and improve immune function.

Pomegranate juice far outweighs orange juice in terms of health benefits. Firstly, it also has a very high vitamin C content. In addition, pomegranate juice is rich in antioxidants. As a result this super-juice has been found to have anti-carcinogenic effects and also to reduce heart disease risk. There has also been some research to suggest that pomegranate juice may even fight dental plaque!

your lunch

YOUR CURRENT DIET

Wholewheat sandwich with low-fat margarine, cheddar cheese and lettuce

KICK IT UP A NOTCH!

Seed bread sandwich with avo, tinned salmon and spinach leaves



WHY IT'LL IMPROVE YOUR PERFORMANCE

Seed bread has a low GI and provides valuable essential fatty acids

Avo is an excellent substitute for butter or margarine, as it provides moisture and flavour while also providing a great source of unsaturated fats.

Tinned salmon provides omega-3 fatty acids, which are essential for normal metabolic processes, but also have a role in skin condition, brain function and preventing inflammation. Also, salmon which has been tinned with the bones has a higher calcium content as some of the calcium from the bones leaches into the flesh of the fish.

Spinach is a better choice than lettuce for salads and sandwiches as it is an excellent source of vitamin A, which not only has antioxidant properties but also aids eye function.

your dinner



YOUR CURRENT DIET

Lean beef steak with
mashed potato and
vegetables

KICK IT UP A NOTCH!

Ostrich fillet on a bed of
lentils with veggies

WHY IT'LL IMPROVE YOUR PERFORMANCE

Ostrich is a good source of protein, while being significantly lower in cholesterol and saturated fat.

Mashed potatoes and lentils are both high in carbohydrates, but lentils have a lower glycaemic index and are also rich in protein and B-vitamins.

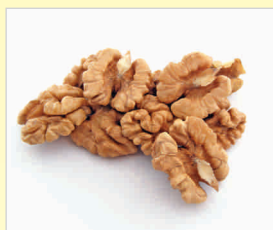
your snacks

YOUR CURRENT DIET

Raisins
Peanuts
Popcorn

KICK IT UP A NOTCH!

Goji berries
Walnuts
Roasted edamame



WHY IT'LL IMPROVE YOUR PERFORMANCE

Goji berries are an excellent source of antioxidants

Walnuts are rich in omega-3 fatty acids

Edamame is a form of soya bean, which make a delicious, protein-rich snack when lightly seasoned and roasted



Ideally you
should drink
about 300 to
600ml per
half hour of
exercise

DON'T FORGET TO DRINK

Getting enough fluids is an important part of the puzzle when it comes to optimising your training results. If you are dehydrated it affects your energy levels, performance during training and metabolism. In fact, dehydration has such a negative effect on performance that being well-hydrated could almost be considered a performance-enhancing aid. Follow these guidelines to ensure you are well-hydrated:

Before training session:

The standard recommendation, even if you are not training, is 30ml of fluid per kg of body weight. Thus, if your weight is 60kg, you would need: 30ml x 60kg = 1.8 l per day excluding your training needs. Therefore, before a training session, ensure you are well-hydrated by drinking at least this amount on a daily basis, but also drink enough fluids to compensate for exercise-induced losses. Therefore, drink an additional 400 to 600ml of fluid 2 to 3 hours before exercise.

During training session:

Ideally you should drink about 300 to 600ml per half hour of exercise to stay hydrated – especially in very hot temperatures. Your thirst mechanism is not a sufficient indication of your fluid needs and therefore should not be relied on for sufficient fluid ingestion. For exercise lasting more than 1.5 hours, you may need to also consume some source of carbohydrate, such as a carb-rich beverage (e.g. a sports drink). The drink should preferably have a carbohydrate concentration of approximately 4 to 8% for use during training

sessions (i.e. 4 to 8 grams of carbs per 100ml) to provide a constant and regular source of glucose to replenish muscle glycogen and thus aid recovery. A sports drink would also help to replenish sodium incurred during exercise.

After exercise/training:

Adequate fluid intake is essential for optimum post-exercise recovery. Determine your individual fluid needs by weighing yourself before and after the training session. Ideally the difference between these weights should be less than 1kg, and for every 0.5kg lost you need to drink approximately 100 to 150% of the equivalent amount of fluid (i.e. 500ml – 750ml). It is important to also be cautious of excessive fluid intake. Therefore, assuming you are well-hydrated before exercise, this degree of fluid replacement should be sufficient. If your training session lasted more than 1.5 hours, the post-exercise beverage should ideally contain sodium to replace sodium-losses incurred through excessive sweating during

exercise. A sports drink may therefore be a better choice than plain water for post-exercise fluid intake. Caffeine-containing and alcoholic drinks should be avoided immediately after exercise as these may

negatively affect recovery.

Note: If you are not used to consuming large amounts of fluid you should condition yourself to drinking more fluids generally throughout the day, but especially during training sessions, so that you become more accustomed to the increased fluid intake.

LIMIT YOUR FAT INTAKE:

■ Try to use low-fat cooking methods, such as grilling, baking, stir-frying and steaming. A grilling machine is a great way to cook quick, healthy, nutritious

meals without the needing for extra fat.

- Try not to add additional fat through the use of sauces or marinades. For example, limit fat intake by basting or marinating food with lemon juice, stock or low-fat yoghurt.

- Add flavour to foods without using large amounts of salt and high-sodium flavourings, by flavouring foods with lemon juice, fresh herbs and spices.

- Modify recipes to make them more low-fat by substituting high fat ingredients for lower-fat alternatives. For example, cream can be substituted with Ideal Milk Lite or a mix of half yoghurt and half milk. However, when cutting out cream, an additional 1 to 2 egg whites may be required for binding. Low-fat or fat-free yoghurt and milk should always be used instead of their fuller fat versions.

- Where a recipe calls for margarine AND oil, often one can be cut out without affecting the quality of the product (e.g. in the case of a quiche crust it wouldn't be necessary to have both margarine and oil). Rather, the oil can be omitted and the margarine kept in, as the margarine would be needed to rub into the flour.

- If a recipe calls for cheese as a topping, often half the cheese can be used. A low-fat cheese option is obviously preferable.

- When a recipe calls for frying (for example, when you need to fry onions), you only need to use enough oil to coat the bottom of the pan. Also, it is important to make sure that the oil is very hot before food is added to the pan, as this way the food absorbs less oil and cooks quicker.

EAT OUT GUILT-FREE

You can eat out healthily and still get results by following these tips:

- Avoid foods cooked using

high-fat methods (e.g. fried or battered).

Do not feel afraid to ask for special requests at restaurants (e.g. if you want your food cooked with less oil), as many restaurants can be quite accommodating.

- Ask for any sauces or dressings to be served on the side.

- Restaurant portions can often be very large. Try to ask for a half-portion or ask for a doggy bag for half the meal before you begin eating. Avoid words like jumbo, giant, deluxe, or super-sized when ordering in a restaurant (and especially in the case of fast foods) and order the normal or children's size instead.

- Instead of chips, request a double order of vegetables.

- Limit alcohol because it will only add calories but no nutrition to your meal.

- Avoid buffets as it is easier to overeat at these.

- Try sharing your meal with your dining partner so you get to sample the food you want without indulging.

- Choose fresh fruit as a dessert.

- Make sure you eat your food slowly and enjoy your meal. This will make the meal more satisfying.

It is possible to eat healthily at fast food restaurants as well. See the table below for some healthy alternatives to your fast food "faves".

EAT MORE FRUITS AND VEGETABLES

Fruits and vegetables are an essential part of your eating plan as they not only increase the fibre of your meal, and therefore fill you up, but also provide a variety of vitamins, minerals and antioxidants to speed up your post-exercise recovery and repair any

resultant damage. Increase your fruit and vegetable intake in various ways:

- Chop up a piece of fruit into breakfast cereal.

- Have a fruit smoothie at breakfast (made with yoghurt and fresh fruit)

- Have fruit as a quick and convenient snack between meals, or as a dessert after meals.

- Snack on raw vegetables with hummus, low-fat cottage cheese or mashed avocado as a dip.

- Use vegetables in stir-fries, soups, salads, stews and even vegetable juices.

- Put salad onto sandwiches to increase the fibre of the sandwich and make it more filling.

- Try out different and exotic fruits and vegetables that are seasonally available to prevent

becoming bored with eating the same ones day in and day out.

Avoid buffets as it is easier to overeat at these.

Avoid foods cooked using high-fat methods



FAST-FOOD ALTERNATIVES

Kentucky Fried Chicken

Grilled chicken breast (cooked in tinned tomato and onion mix as a sauce). Nando's is usually quite a good fast food option as they flame-grill their chicken and thus it is usually lower in fat.

McDonald's burger and chips

Grilled ostrich patty OR chicken burger patty OR a steak burger in a seed roll, with salad and oven-baked chips

Pasta in cream sauce

Pasta with bolognaise sauce (made with extra-lean mince) OR a baked potato with a low-fat cheese, meat, chicken, tuna, tomato or mushroom sauce (made without cream)

Lamb schwarma

Grilled chicken breast, or lean beef steak, cut into strips and served in a pita or wrap with salad vegetables OR a chicken kebab with rice and vegetables

Pizza with cheese and salami

Thin crust pizza with less cheese and extra vegetables

carb facts

THE "EAT TO BE YOUR BEST" PLAN

This eating plan incorporates sufficient carbs and protein, while still limiting fat intake. In this way this plan should give your body the "building blocks" to get great results and is designed to be combined with

the workout routine in this issue. You may replace the mid-morning or mid-afternoon snacks with a meal replacement shake if you wish. Please see the exchange lists on the *fitness* mag website (www.fitnessmag.co.za) to see more options with respect to the different food exchanges you are allowed.

NOT ALL CARBS ARE THE ENEMY!

For many people looking to lose weight and reduce body fat, carbs are often deemed evil and are drastically reduced or totally cut out from all meals. This is an extreme step to take as good carbs (complex carbs) are

essential to everyday life as they are the body's primary source of energy. If eaten in the correct amounts, combined with an active lifestyle, carb intake will not result in weight or fat gain. Carb free diets can in fact negatively affect metabolism, resulting in crash weight gain after dieting.

	NO. OF FOOD EXCHANGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 STARCH 1 MILK 1 FRUIT 1 PROTEIN	½ cup all Bran 175ml fat-free yoghurt 1 small banana 1 scoop of whey protein	½ cup cooked oats 175ml fat-free yoghurt 1 apple 1 scoop of whey protein	1 Weetbix 1 cup fat-free milk small bunch of grapes 1 scoop of whey protein	½ cup Hi-fibre bran 1 cup fat-free milk 1 apple 1 scoop of whey protein	½ cup cooked oats 175ml fat-free yoghurt 1 peach 1 scoop of whey protein	½ cup low GI museli 175ml fat-free yoghurt 2 medium plums 1 scoop of whey protein	½ cup cooked oats 175ml fat-free yoghurt 1 peach 1 scoop of whey protein
MID MORNING	1 FRUIT 1 MILK	1 apple 175ml fat-free milk	1 pear ½ Ultramel Lite custard	2 medium plums 175ml fat-free milk	small bunch grapes 175ml fat-free milk	1 small banana 175ml fat-free milk	11 apple ½ Ultramel Lite custard	small bunch grapes 175ml fat-free milk
LUNCH	2 STARCH 3 PROTEIN FREE VEG 1 FAT	2 slices seed loaf 1 tin tuna and 1 boiled egg salad 2 tblsp lite mayo	6 Provita 6 tblsp fat-free cottage cheese salad 1/4 avo	1 pita bread 1 tin tuna and 1 boiled egg salad 2 tblsp lite mayo	6 Provita 1 tin salmon salad 2 tblsp lite mayo	2 slices rye bread 140g chicken breast salad 10ml salad dressing	1 cup prepared couscous 90g feta salad 10ml salad dressing	1 cup rice 6 tblsp humus salad 10 olives
AFTERNOON	1 STARCH 1 PROTEIN 1 FAT	3 Provita 2 tblsp fat-free cottage cheese 1/4 avo	1 slice rye bread 30g cheddar 5ml margarine	1 slice seed loaf 2tblsp humus 1/4 avo	2 Ryvita ½ tin tuna (in brine) 1/4 avo	3 Provita 30g feta 1/4 avo	1 slice health bread with marmite 2 tblsp fat-free cottage cheese 10 olives	3 Provita 30g cheddar 5ml margarine
SUPPER	1 RESTRICTED VEG OR 1 STARCH 3 PROTEIN FREE VEG	1 cup butternut 1 chicken breast 5ml oil (for cooking) choose from list	½ cup peas & ½ cup corn 180g fatty fish (grilled) 5ml oil (for cooking) free - choose from list	½ cup rice 90g beef 5ml oil (for cooking) choose from list	1 cup butternut 1 chicken breast 5ml oil (for cooking) choose from list	½ cup rice 90g beef 5ml oil (for cooking) choose from list	1 backed medium potato 270f white fish (grilled) 5ml oil (for cooking) choose from list	½ cup rice 90g beef 5ml oil (for cooking) choose from list



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Special interest in:

- Sports nutrition
- Weight management
- Body composition analysis (i.e. body fat% and lean muscle%)
- using imported equipment

- Glycaemic index (GI)
- Food allergies
- Diabetes, high cholesterol, high blood pressure, heart disease
- Gastrointestinal disorders
- Post-operative nutrition

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So, as you can see, eating right plays a major role in getting results from high performance training. With some small changes, determination and discipline the finish line is well within reach! You can do it!