

Busselton Masters Swim Club – Nutrition Handout

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Knowing what to eat before, during and after training & competition is a vital part of being a successful athlete.

It can often make the difference between an athlete who thinks clearly, has stamina and avoids injury and one who lacks stamina, good judgment, and is prone to injury.

- Eat mainly a whole food, plant based diet
- Minimally processed food
- Rich in vitamins & minerals
- Plenty of 'good' carbs for energy
- Quality proteins for muscle, skin, immune system health
- Low fat
- Higher fibre = sustained energy release
- Rich in 'antioxidants'
- Manages calorie intake & body fat
- Anti-inflammatory = improves recovery

How much protein do I need?

Tip: You don't need to eat half a cow!

1.2g – 1.6g/kg Ideal Body Weight per day.

Preferably spread evenly throughout the day.

From a wide variety of whole foods including...

Legumes (lentils, chickpeas, red kidney beans, baked beans, cannellini beans, split peas, borlotti beans...)

Fish, chicken, red meat or Meat analogues – tofu, tempeh

Nuts, seeds, Wholegrains, Eggs, Milk, yoghurt, cheese

How much carbohydrate do I need?

3g – 7g/kg IDBW per day.

Preferably spread evenly throughout the day.

Before exercise

From a wide variety of whole foods.

Calcium and Bone Health

- Calcium & Vit D = bone strength & reduced age-related bone loss.
- Adequate calcium, vitamin D & 'weight bearing' exercise = healthy bones
- Australian Recommended Dietary Intake (RDI):
 - Men 51–70 years: 1,000 mg/day
 - Men ≥70 years: 1,300 mg/day
 - Women ≥51 years: 1,300 mg/day
- *Aim to obtain calcium primarily from food

Vitamin D

- Vitamin D improves calcium absorption.
- AI 18 – 50 yrs is 5 µg (200 IU) per day
- AI 51–70 yrs: AI is 10 µg (400 IU) per day
- AI >70 yrs is 15 µg (600 IU) per day
- Sun (UVL) exposure is the main source of vitamin D
- Blood test regularly

MILK 1 cup (250 ml)  Calcium: 300 mg Vitamin D: 2.0 µg	YOGHURT 1 cup (200 g)  Calcium: 250 mg Vitamin D: 2.0 µg	CHEESE 1 slice (20 g)  Calcium: 200 mg Vitamin D: 0.5 µg	SARDINES 1 small can (90 g)  Calcium: 325 mg Vitamin D: 12.0 µg	SALMON 100 g (cooked)  Calcium: 20 mg Vitamin D: 13.0 µg
TUNA 100 g (canned in water)  Calcium: 15 mg Vitamin D: 2.0 µg	EGGS 1 large egg  Calcium: 56 mg Vitamin D: 1.1 µg	FORTIFIED MILK (PLANT OR DAIRY) 1 cup (250 ml)  Calcium: 300 mg Vitamin D: 3.0 µg	TOFU 1/2 cup (126 g)  Calcium: 350 mg Vitamin D: 0.0 µg	TEMPEH 100 g  Calcium: 111 mg Vitamin D: 0.0 µg
ALMONDS 1/4 cup (30 g)  Calcium: 264 mg Vitamin D: 0.0 µg	CHIA SEEDS 2 tablespoons (28 g)  Calcium: 179 mg Vitamin D: 0.0 µg	SESAME SEEDS 2 tablespoons (18 g)  Calcium: 351 mg Vitamin D: 0.0 µg	KALE 1 cup (67 g)  Calcium: 150 mg Vitamin D: 0.0 µg	BROCCOLI 1 cup (91 g)  Calcium: 47 mg Vitamin D: 0.0 µg
FORTIFIED CEREAL 1 cup (30 g)  Calcium: 100 mg Vitamin D: 2.0 µg	FORTIFIED ORANGE JUICE 1 cup (250 ml)  Calcium: 300 mg Vitamin D: 2.5 µg	MUSHROOMS 1 cup (70 g)  Calcium: 5 mg Vitamin D: 2.0 µg	COD LIVER OIL 1 teaspoon (5 ml)  Calcium: 0 mg Vitamin D: 10.0 µg	UV EXPOSED MUSHROOMS 1 cup (70 g)  Calcium: 5 mg Vitamin D: 10.0 µg

How do I plan my daily intake using all this information?

Breakfast	Protein (g)	Carbohydrate (g)	Calcium (mg)
1 cup cooked traditional porridge +200 mL full cream milk	16	45	300
¾ cup raspberries			
1 Tbsp chopped nuts			
¾ cup unsweetened muesli + 200 mL full cream milk	15	49	300
½ cup baked beans + spinach and mushrooms	20	54	160
2 slices wholegrain sourdough			
2 extra-large eggs + ½ cup beans	28	39	120
1 large slice wholegrain bread			
¼ avocado + fresh salsa			
2 Weet-Bix + ½ cup All-Bran	21	62	450
300 mL full cream milk + 1 serve fruit			
200 g Greek yoghurt + 1 cup fruit	23	31	240
1 Tbsp ground linseed, chia seeds or crushed nuts			
2 extra-large eggs + dash milk + Chopped vegetables (as desired)	22	23	130
1 slice wholegrain bread + 1 tsp butter/margarine/olive oil + ¼ avocado			
Smoothie	30-40	30-45	450-600
Full cream milk + yoghurt + fruit + vegetables + seeds + protein powder			
Meal replacement drink	20-30	25-40	300-600

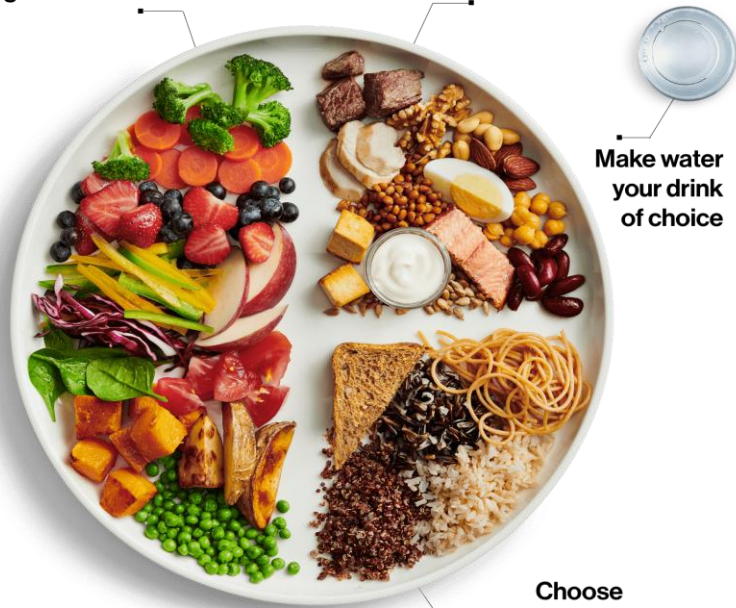
Lunch (Sample Meals)	Protein (g)	Carbohydrate (g)	Calcium (mg)
1. Chicken & Quinoa Bowl 120 g grilled chicken breast ½ cup cooked quinoa 1 cup mixed vegetables 1 tsp olive oil	30	45	90
2. Tuna & Wholegrain Wrap 1 wholegrain wrap 100 g tuna in water ½ avocado 1 cup lettuce, tomato, cucumber	30	45	110
3. Lentil & Brown Rice Bowl 1 cup cooked lentils ½ cup cooked brown rice 1 cup roasted vegetables 1 tsp olive oil	30	45	140
4. Turkey & Sweet Potato Plate 120 g roasted turkey breast 1 medium sweet potato 1 cup steamed green beans 1 tsp olive oil	30	45	100
5. Salmon & Couscous Salad 120 g grilled salmon ½ cup cooked couscous 1 cup mixed salad greens 1 tbsp chickpeas	30	45	120
6. Tofu & Wholegrain Pasta 150 g firm tofu, grilled 1 cup cooked wholegrain pasta 1 cup marinara sauce 1 cup spinach	30	45	130

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



Dinner (Sample Meals)	Protein (g)	Carbohydrate (g)	Calcium (mg)
1. Lentil & Vegetable Soup + Wholegrain Roll 1½ cups lentil & vegetable soup 1 wholegrain roll 1 tbsp grated parmesan	30	45	120
2. Beef & Vegetable Stew + Wholegrain Roll 120 g lean beef, stewed 1 cup potato, carrot, celery ½ cup peas 1 wholegrain roll	30	45	100
3. Cottage Pie (Beef & Veg) 120 g lean minced beef ½ cup mixed vegetables ½ cup mashed potato (made with skim milk)	30	45	160
4. Chicken & Vegetable Stir-Fry + Brown Rice 120 g chicken breast 1 cup mixed vegetables ½ cup cooked brown rice 1 tsp sesame oil, low-sodium soy sauce	30	45	90
5. Roast Chicken Dinner 120 g roast chicken breast ½ cup roast potato 1 cup steamed vegetables ½ cup gravy (low fat)	30	45	110
6. Baked Fish with Quinoa & Vegetables 120 g baked fish (cod or hoki) ½ cup cooked quinoa 1 cup steamed vegetables 1 tbsp lemon herb dressing	30	45	100
7. Tomato & Chickpea Pasta 1 cup cooked wholegrain pasta ½ cup chickpeas ¾ cup tomato sauce 1 tbsp grated parmesan	30	45	150

Race Day Nutrition Tips

The food & fluid you eat and drink before racing provides a chance to: 1. Fuel and hydrate your body for the race/s so you can swim at your best, avoid 'tummy' upset, avoid hunger pangs and recover quickly. Mainly need carb's & fluid that is low in fat & moderate in fibre to make digestion easier and reduce the risk of gastrointestinal discomfort.

*Practice your options in training and don't try anything new on event day!

Suitable to eat 2-4 hours before first race:

Crumpets or raisin toast + jam/honey

Yoghurt

Sandwich – honey, jam, nut paste, banana

Baked beans on toast

Weetbix, muesli, porridge with milk + honey

Fruit, dried fruit

Pasta/Rice with low fat sauce (tomato, soy) & low fat ingredients (e.g. tomato, vegetables, lean meat, legumes)

Low fat fruit smoothie

Pancakes or pikelets + jam/honey

*Quantity will vary between individuals

< 1 hr before exercise or nervous...

Yoghurt, creamed rice, Sweet muffin, Smoothie, Sustagen Sport, Banana

Recovery

The faster the better the recovery

Best ≤ 1 hour after exercise.

If the next main meal is not within this time then choose a 'recovery' snack:

Yoghurt + fruit

Sandwich + legume patty, cheese, lean meat, hummus, nut butter

Milk – dairy or plant based

Dates + walnuts/peanut butter

Trail mix

Creamed rice

Fluids

Adequate hydration is vital for peak performance. Dehydration may cause:

- Poor concentration
- Reduced coordination
- Lightheadedness
- Muscle cramps

The amount of fluid required depends on your sweat rate, temperature & humidity, individual needs.

Athletes lose 500–1000ml of fluid every 60 minutes which will be more if it is hot. Can measure weight before and after races.

Fluid Recommendations

Pre-Training or Competition - Drink plenty of fluids until urine is pale in colour.

During Competition - Volume depends on duration, intensity, temperature, humidity, sweat rate.

Can be cool or warm to alter body temperature.

600ml – 1200ml/hr if >60 minutes duration.

Post Competition - Drink fluids until urine is clear or slightly yellow.

Sports Drinks

Water is the fluid of choice for most training sessions.

>60 minutes choose electrolyte or sports drink to replace sodium, potassium lost in sweat.

Alcohol, Recovery & Performance

Alcohol: More Than Just Empty Calories

🏊 Why should Masters swimmers care?

Even moderate alcohol intake can affect recovery and training performance.

Alcohol can:

- 🍷 Reduce muscle repair after training
- 💧 Increase dehydration
- 😴 Disrupt deep sleep
- ❤️ Increase anxiety
- 🧠 Reduce reaction time and coordination
- 🏊 Slow adaptation to training

WHAT IS A STANDARD DRINK?

In Australia, 1 standard drink contains **10 grams of pure alcohol**.



WINE	BEER (FULL STRENGTH)	BEER (MID STRENGTH)	SPIRITS (FREE POURED)	SPIRITS (PREMIX CAN)
				
100 mL 1 STANDARD DRINK	285 mL 1 STANDARD DRINK	375 mL 1 STANDARD DRINK	30 mL 1 STANDARD DRINK	375 mL 1 STANDARD DRINK

 The amount of alcohol in your drink can vary.
Check labels and be aware that "stronger" drinks may contain more than one standard drink.

 Have a water
between
alcoholic drinks.

Reputable Websites

- Sports Dietitian's of Australia Website www.sportsdietitians.com.au
- Australian Institute of Sport www.ausport.gov.au/ais/nutrition
- Dietitian's Association of Australia www.daa.asn.au