

**Look at these different food groups that can enhance your performance during training**

**Protein**

Tofu/Tempeh  
Soy Milk  
Beans  
Lentils  
Nuts  
Seeds  
Quinoa  
Seitan  
Beef  
Lamb  
Chicken  
Fish  
Pork  
Game

**Carbohydrates**

Quinoa  
Millet  
Oats  
Barley  
Potatoes  
Yam  
Wholegrain bread  
Brown rice  
Wholegrain pasta  
Fruit  
Vegetables

**Essential Fatty Acid**

Pumpkin seeds/oil  
Linseed/flax seeds/oil  
Walnuts  
Rapeseed oil  
Salmon  
Mackerel  
Tuna  
Sardines  
Sunflower seeds/oil  
Sesame seeds/ oil  
Cashew nuts  
Brazil nuts  
Almonds  
Pine nuts  
Olives/Oil  
Avocado

**Iron**

Nuts  
Seeds  
Pulses  
Dried fruit,  
Sea vegetables  
Parsley  
Green leafy vegetables  
Molasses  
Meat  
Eggs  
Liver

**Calcium**

Nuts  
Seeds  
Pulses  
Figs (dried),  
Sea vegetables  
Fortified soy/ grain milks  
Molasses  
Green leafy vegetables  
Broccoli  
Dairy  
Seafood

**B12**

Sea vegetables (dulse, kelp, chlorella, spirulina and nori)  
Foods fortified with B12 (including some plant milks, some soy products, and some breakfast cereals)  
Brewer's yeast  
Milk  
Meat  
Fish

- Carbohydrates maintain blood glucose levels during exercise and replace muscle glycogen
- Protein requirements slightly increase in highly active people, important for muscle repair, recovery and energy
- Fat should not be restricted as it helps you absorb vitamins absorb A,D,E,K, and delivers H2O & nutrients
- Athletes at risk of micronutrient deficiencies are those who restrict food groups.
- Dehydration decreases exercise performance

**Hydration**

Water (2lts)  
Isotonic sports drinks  
Herbal Teas

- Make your own Isotonic sports drink - 200ml of orange squash (concentrated orange), 1 litre of water and a pinch of salt (1g). Mix all the ingredients together and keep chilled
- **Do not drink all the fluid required at once**



