

Nutrition Plan:

Glycemic Index list: Glycemic index refers to High Carbohydrate (GI) Foods and Low Carbohydrate (GI) Foods. Low GI Foods give you longer lasting energy and are generally better for your health and performance. High GI Foods give short burst of energy and are often high in sugar.

High GI Foods:

- White bread
- Potato Chips
- Biscuits
- Rice Crackers
- Weet Bix
- Lollies
- Home baking e.g. Biscuits, muffins, scones.
- Corn Flakes
- Coco Pops
- Majority of spreads
- Potato
- White Rice
- Muesli Bars

Anything with a high amount of sugar is high GI.

Low GI Foods:

- Wholegrain Bread (Vogel's is the best)
- Hummus
- Milk, Yoghurt
- Apples, Pears, Grapes, Kiwifruit
- Pineapple
- Pasta
- Oats.
- Eggs
- Brown Rice
- Muesli

Fruit and vegetables that you should be eating:

Vegetables :

- Apples
- Pineapple
- Pears
- Kiwifruit
- Berries
- Strawberries

Low GI

- Kumara
- Broccoli
- Cabbage
- Cucumber
- Radishes
- Water cress



- Raspberries
- Nectarines
- Plums
- Peaches.
- Tomato
- Banana

- Pumpkin
- Onions
- Beetroot
- Avocado
- Mushrooms
- Capsicum
- Beans

Most fruits are Low GI which means they give you longer lasting energy which last's up to 2 hours. High GI Foods give instant energy that only last for 20 minutes.

High GI Vegetables:

- Parsnips
- Yam
- Corn
- Carrot

Useful information:

- If possible try not to eat canned fruit and by it fresh from the produce department at the supermarket
- When training hard you should be eating 5 plus a day at least of fruit and vegetables.
- When we eat Low GI Foods it gives has longer lasting energy as Low GI Food is harder for the body to break down therefore it stay's in our system for longer and gives the body a higher and longer level of energy.

High Protein foods:

- All Dairy products
- Fish (Tuna, Salmon, Blue Cod) Majority of fish are a good source of protein.
- Brown Rice
- Whole Wheat Bread
- Chicken
- Pork
- Beef



- Nuts (Cashew, Almond, Peanuts, Walnuts, Pistachio, Brazil Nuts) **No Salted nuts!!!**
- Eggs

Protein does not build muscle it just helps repair muscle fibres, therefore allowing you to train harder in your next session, so if you think you will get strong from just eating protein you are wrong. Protein just allows you to recover quickly which allows you to train more effectively

Basic eating plan:

Breakfast options:

- Muesli, with Milk. Two pieces of fruit
- Toast (two pieces of Vogel's or Whole grain bread) with Hummus. Two pieces of fruit.
- Smoothie, have 3 pieces of fruit, yoghurt, oats and ice mixed in a blender.
- Rolled oats, with berries.
- Poached or Scrambled eggs, with Salmon or two pieces of Bacon. (This is a good breakfast before playing sport)
- Cream cheese and tomato on toast.
- Baked beans and eggs, mushrooms

These are just options you can mix them to suit, it is important to have two pieces of fruit with your breakfast. They can be small items of fruit such as a plum and some Blue berries in yoghurt.

Lunch:

- A healthy Sandwich. The Sandwich should have meat (e.g. roast beef, shaved ham, chicken) Vegetable & Tomato (Tomato, Avocado) a little slice of cheese.
- Sushi
- Creamed rice
- Tuna Sandwich
- Salad.
- Brown rice stir fry
- Pasta bake
- Homemade Soup with bread
- Baked beans and eggs



- Salad
- Healthy Homemade burgers
- Scrambled eggs or an omelette.

Dinner:

- Roast beef, Chicken, Lamb and pork with out the vegetables covered in oil.
- Stir fries with Brown rice and at least 3 different vegetables
- Fish with 3 different vegetables
- Steak, eggs and kumara or potatoes, Mushrooms
- Chicken Pasta Bake.
- Lasagne
- Souvlaki
- Chicken breast, with Hummus or pesto and 3 different vegetables.
- Any pasta dish.

These are just idea's you can use you can mix them up to suit your taste preference.

Snacks:

- Rice crackers with Hummus or dip. A piece of fruit included
- Toast, with vegemite or a non sugar spread
- Nuts/Scroggin
- Rice Wafers
- hand full of nuts
- yoghurt
- glass of milk (Flavoured or not)
- Piece of fruit.
- Any large piece of fruit (Fresh pineapple, apple, pear, nectarine, Peaches ,Banana)
- Hummus and crackers



Prior to work out or playing Bowls:

Try to eat some Low GI Food 2 hour's prior to work out and just before exercise begins have a piece of fruit with a high GI item of food or a sport drink.

During exercise:

It can help to eat a few (4-6) jelly beans, gummy bears, jet plans to help increase instant energy, this should not be done every session.

It can also help to eat fruit during exercise (e.g. apple, Banana)

Plenty of water while exercising is important, you should drink around 150 to 250ml if your exercise is lasting longer than an hour and you are sweating heavily.

Post work out food:

It is beneficial to eat a piece of fruit within 30 minutes of your exercise finishing. Protein shakes are extremely helpful to have immediately after exercise. Having a muesli bar after exercise or a piece of fruit within 30 minutes of exercise being completed is important. Also, having hand full of natural nuts can be very beneficial as nuts are a great source of fats, Carbohydrates and protein. As long as you are eating something that is not extremely high in sugar or saturated fat after exercise it will help with your recovery.

If you are playing in a two or 3 day tournament it is important that you eat a lot of Carbohydrates for dinner mixed with protein and fat. There should be 55-70% Carbohydrates, 10-20% Protein and 25-35% Fat. **We want natural fat not saturated fat!!!! Fat is a great energy source for endurance events.**

When looking at the index of food products, try to look for the four 10's which are as followed:

- **Under 10g of sugar**
- **Over 10g of Carbohydrates**
- **Over 10g of Natural Fat.**
- **Over 10g of protein**

Fluid intake:



If you follow the information below it will help you with fluid intake:

How much water you drink often is dependent upon how long and how strenuous your exercise program is. If you exercise strenuously, you should drink 1 cup of water every 15 minutes of exercise. If you are performing moderate exercise, 1/2 cup every 15 minutes should be sufficient

Another rule of thumb is to weigh yourself prior to exercising, then weigh yourself post-exercise. If you find that you have lost Kilograms following exercise, you should drink 2 1/2 cups for every 1/2 kilogram lost during exercise.

Furthermore, when playing Bowls you should be drinking a sports drink at the end of competition not before!!

Sport drinks like powerade are packed with sugar and therefore are good for post exercise recovery. Therefore, they should be consumed either half way through the day or at the end of the day to help with recovery.

Overall you should be drinking about 2.5Liters to 3 Liters per day.

