



## JANE WEBBER NUTRITION

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### SERVICES

- Nutrition & Weight Management
- Pre & Post-Natal Nutrition
- Childhood Nutrition
- Nutrition for Sport & Exercise
- Vegan, Vegetarian Nutrition
- Nutrition for older adults

The science behind sport and exercise nutrition is complex and for elite athletes it is one of the most important elements to their performance so they employ specialist sports nutritionists.

I am going to try and make it as simple as possible so you can get the best out of your training sessions and the event you are training for like Bath Beat Challenge, Walk with Me or a marathon in your area.

### Fuel in your body!

The body stores fuel in the form of fat and carbohydrates. Protein is used as a fuel store, but only at about 5% and only when there are no fat or carbohydrates present (Not good!)

Carbohydrates are stored in the liver and muscles as "Glycogen". For someone who is 80kg the store is about 500g, 400g in the muscles and 100g in the liver. This equates to about 2000 calories so about 2 hours of intense exercise.

Fat is stored all over the body in adipose tissue and when fuel is needed it is broken down, released as fatty acids and glycogen which feeds into the body

A carbohydrate rich diet is important to someone who engages in regular exercise. Energy when exercising mainly comes from carbohydrates and the rate you require energy depends on:

- Intensity of the exercise
- Duration
- Fitness of the person
- Nutritional status and diet of person

Low muscle glycogen will result in early fatigue, reduced training intensity, reduced performance and recovery.

If you exercise with intensity for more than 60 minutes you will require some carbohydrate feeding strategies. You may need to experiment with these, but they need to be low in fat and moderate in fibre.

### Pre – exercise fuelling strategies

Try and eat a meal 3 to 4 hours before your exercise (if it is over 60 minute, of high intensity and is during the day) that is carbohydrate rich, for example:

- Jacket potato with beans, tuna or chicken
- Pasta with a tomato base with vegetables
- Lean meat with vegetables (remember veg have carbs), rice
- Grill fish with rice and vegetables.
- Mobile meals can be homemade sandwiches on wholegrain bread with lean protein and salad

2 hours before training to ensure that you keep your glycogen levels up have a snack. If you are training morning time, this can be your breakfast rather than a mid-afternoon or early evening snack

- Cereal or porridge (not sugary cereals)
- Bagel/bread with mashed avocado
- Mashed banana on toast
- Yoghurt and fruit
- Rice pudding in a pot
- Oatcakes with jam, peanut butter or cream cheese
- Fresh fruit

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- Yoghurt or banana based smoothie
- Energy or cereal bar

### During exercise fuelling strategies

Don't wait for you to feel tired before fuelling as your body takes about 30 minutes to absorb the nutrients into the blood stream. During a long exercise session or event you can take up to 70g of carbohydrates per hour to keep your blood glucose level to reach the muscles to replace depleted stores.

On a practical level a sports drink or bar can be consumed, the same goes for more natural sources such as fruit or nuts as they are mid to high GI foods and they will raise the blood sugar level faster.

### Post exercise refuelling strategies

Post exercise snacks should be consumed within 2 hours of exercise finishing. Suggestions include:

- 1 to 2 portions of fruit with a drink of milk – blend to make a smoothie
- 1 or 2 pots of yoghurt or rice pudding
- Yoghurt drink
- Handful of dried fruit and nuts
- Bowl of cereal and milk
- Sandwich/wrap/roll filled with lean meat, such as tuna, chicken, turkey or cottage cheese
- Rice cakes/oatcakes with jam/peanut butter or low fat cream cheese.

About 2 to 4 hours after the exercise (if possible especially during the day) try and consume about 50g of carbohydrates. Examples include:

- Small jacket potato
- Baked beans
- 2 large bananas
- 2 crumpets (with butter)
- Cereal bars
- Jaffa cakes! (not the whole package, but 6 will do!)

This helps to keep your glycogen levels in your muscles and liver topped up to the optimal amount so when you exercise again you can perform to the best level possible and you don't start your exercise with low glycogen levels. This will only lead to impaired performance, fatigue and possible injury.

### Hydration

Thirst is not a good indication of hydration status, Here are a few tips:

- Drink before feeling thirsty
- Be hydrated before exercise 5-7ml per 1kg of body weight 4 hours before intensive activity
- During event for every 1 calorie you burn drink 1ml, so 2000 calories means 2 ltrs
- After exercise replace fluids by 150% within 1 hour.