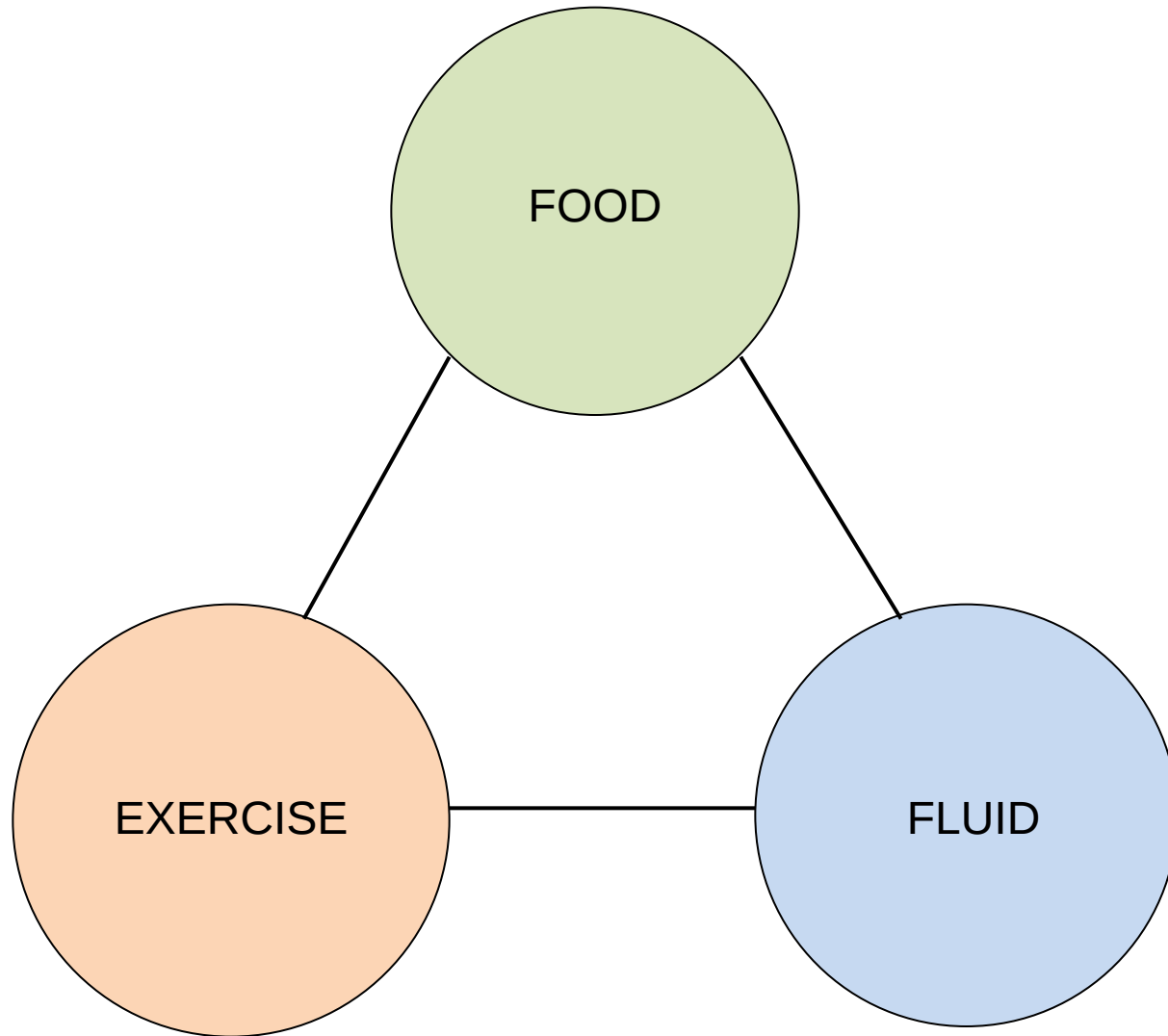


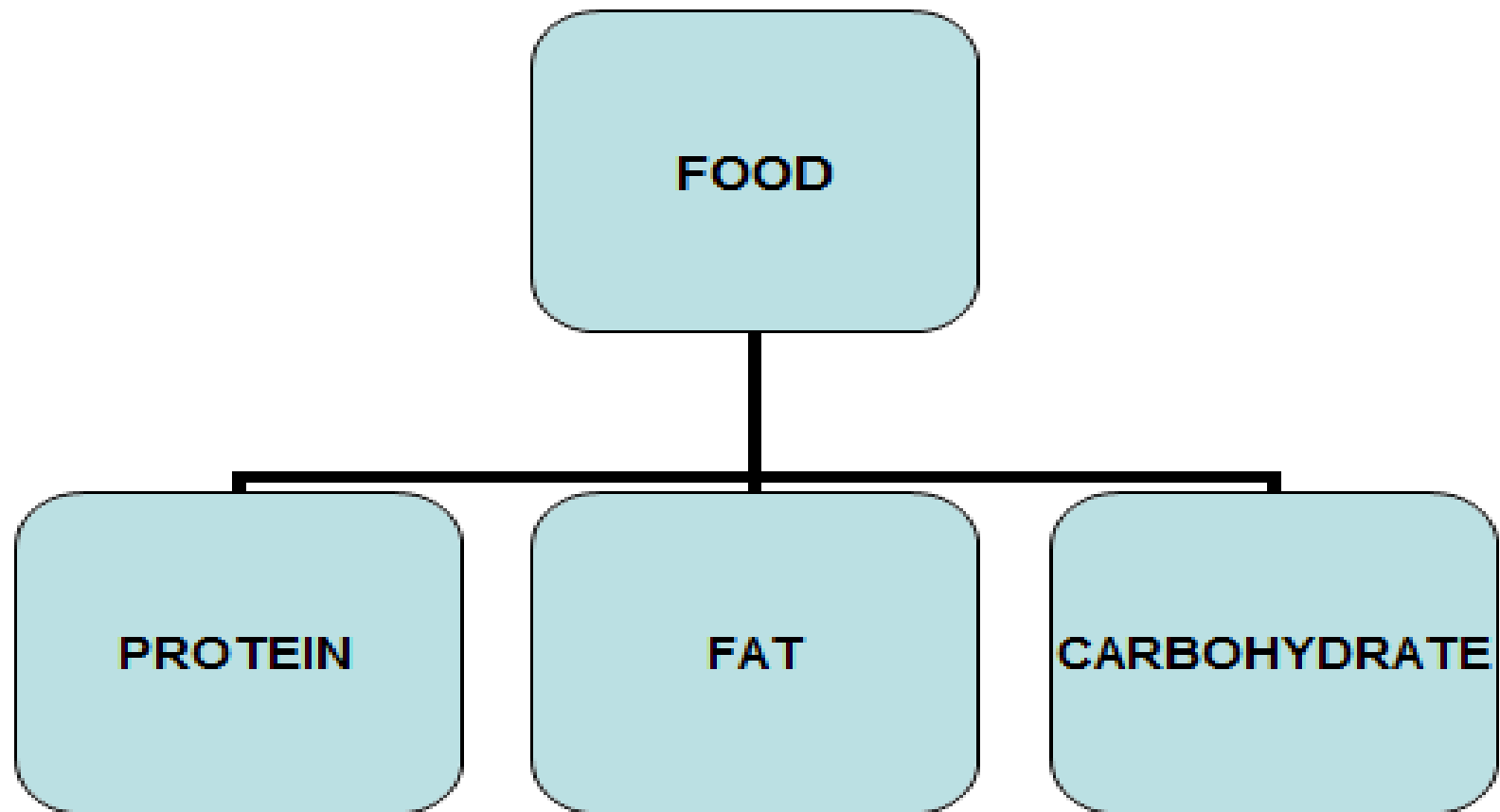
Food, Mood and Best Performance

By MaryRose Spence BHSc
Registered Dietitian



Food for Performance





CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

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Carbohydrates

- Digested and absorbed fairly quickly
- Provide us with energy that lasts 2 – 2 ½ hours



PROTEIN

4kcal/gram

ANIMAL



Meat



Chicken



Eggs



Cheese



Fish/Seafood

VEGETABLE



Seeds and Nuts



Tofu



Beans



Lentils



Chickpeas

Protein

- Take longer to be digested and absorbed
- Provide energy 2 – 2 ½ hours after they have been eaten
- Protein provides a back up energy or a longer lasting fuel



Fats and Oils

- Not such a direct factor when looking at energy levels



Timing of Meals

- Breakfast: 7.00 – 8.30am
- Lunch: 12.00 – 1.30pm
- Evening meal: By 7.30pm



Fluid

Symptoms of poor hydration

- Lethargy and fatigue
- Slightly dull headache
- Hunger
- Thirst



Types of Fluids

- WATER - 1.5Litres/day
= 2 pumps= 6 glasses
- taken over the day – ½ by lunch
- Tea and Coffee
- Juices, Energy drinks and Flavoured water
- Alcohol



Exercise

Using Energy creates Energy

- 20 to 30 minutes brisk exercise daily
- Ideally in the morning



Summary for Best Performance

- 3 meals per day – evenly spaced over the day with a carbohydrate and protein component
- Regular daily exercise with an emphasis on short and brisk
- Water – approx. 1.5Litres per day – over the day
- Careful with alcohol



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www.weightwise.co.nz

0800 WEIGHT

