

Sports Nutrition for Beginners

Eating around exercise:

Pre - You want to make sure you have all of the energy you need, without feeling uncomfortable. Your body does not digest food when you are doing rigorous activity, so it is best if the food is digested before you begin.

Post - You want to restock your energy stores and help your body build muscle.

The table below provides some suggestions on what to eat and drink and when. You do not have to follow it to the letter, drink if you are thirsty, but don't force yourself to eat or drink just to follow the guidelines. It is not suggested you eat meals at both 3 hours before and 2 hours before, it only provides ideas for different scenarios.

	3 hours (or more) before	2 hours before	1 hour before	During	Post
What	A full meal including protein (i.e. beef, chicken, pork, etc.), vegetables and starchy carbs (i.e. rice, potatoes, pasta, etc. - if desired).	A light meal with easily digestible foods (i.e. porridge, eggs and toast, a salad with fish, etc.). Water and non-caffeinated beverages.	Water and non-caffeinated beverages.	Unless it is very hot, most runners do not need water or other hydration for runs of up to an hour. For runs over an hour water or other hydration drinks can be taken to thirst.	Fruit or refined carbs (i.e. bread, cereal etc.) and easily digestible protein (i.e. milk, cheese, eggs, nut butters, etc.). Water and non-caffeinated beverages.
Why	Provide energy.	Provide energy and top up hydration levels	Maintain hydration	Maintain hydration	Replenishes energy stores and supports muscle rebuilding. Restore hydration levels.

Drinks: It is always important to stay well hydrated. Water is always an option, but you can also consider coconut water or celery juice both of which provide a good balance of replenishing electrolytes.

Recovery Drink Idea

20g whey protein	1 banana
2tsp natural yogurt	1 tsp. of ground nuts or seeds
½ cup fruit juice or berries	1 tbsp. peanut butter (optional)

Add all ingredients into a blender and blend.

Acorn Nutrition is run by Kendall Jeynes, DipION, mBANT, who is a qualified nutritional therapist. Acorn Nutrition provides tailor-made nutritional advice for individuals seeking support for: weight loss, family nutrition, sports nutrition, and chronic health problems.

Kendall believes that simple dietary changes can have a large impact on a person's well-being, but is also realistic about everyday life and works with clients within their constraints.