

SPORTS NUTRITION

Diet is #1 when it comes to performance, yet 75% of athletes still lack adequate nutrition - learn the basics below.

FATS

- Fat DOES NOT directly make you fat, however, we want to limit this to around 20-35% of our caloric intake so we have enough room for Carbohydrates and Protein.
- Fats are essential for hormones and nutrient absorption.
- Looking to gain weight/ put on muscle? Maybe opt for a higher fat diet as they provide 7 calories per gram rather than the 4 protein and carbohydrates do.

Protein

- Optimally 1.2-1.7g/kg of bodyweight per day (DO NOT STRESS IF YOU MISS A DAY)
- Look at splitting this across the day (ie. 20-30g of protein across 3-5 meals).
- Post-workout is the most important time for protein (this can be within 4 hours of training).
- Depending on your goals, you might want to opt for leaner sources of protein (ie. Tuna, Turkey, Chicken) or fattier sources (ie. Beef, Salmon, Nuts)

MICRONUTRIENTS

- Micronutrients are SO IMPORTANT - Metabolism, Hormones, Mental performance and overall well-being, DO NOT neglect them.
- A diet with a variety of fruits, vegetables, meats, legumes, etc is optimal to achieving a balanced, nutrient dense diet.

Carbohydrates

- Yes, bananas are mostly carbohydrates (sugar).
- 1-4g/kg ~3-4 hours before training is ideal to fill our glycogen (quick release stored energy).
- Eating a large meal too close to training is a common mistake that will leave you feeling sluggish.
- Carbs should make up 45-65% of our diet for optimal performance.

LET ME HELP YOU.

*Looking to learn more about diet?
Seeking help with nutrition & performance?*

I offer 1-off consultations or 1-on-1 coaching, visit my website to find out more.

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