

Before

Ultimate Frisbee is a high intensity endurance sport therefore, the main energy source that the body uses for fuel is muscle and liver glycogen

>4h - Try to eat more carbs to increase muscle glycogen stores upwards of 10g/kg

<4h - Eat less fats to prevent indigestion and eat easily digestible carbs such as porridge to top up glycogen stores about 2.5g/kg

<2h - Drink carb rich drinks like milo or isotonic drinks with sugar top up glycogen stores about 2.5g/kg inclusive of what you ate <4h



During

During Ultimate Frisbee, the body needs to sweat to prevent the body temperature from increasing too much and causing harm. However, there is only so much water in the body therefore hydration is important.

Drink isotonic drinks to increase fluid in the body to replenish fluid lost from sweating. Isotonic drinks also help to replenish sodium levels in the blood as sodium is lost through sweating. about 250ml/15min

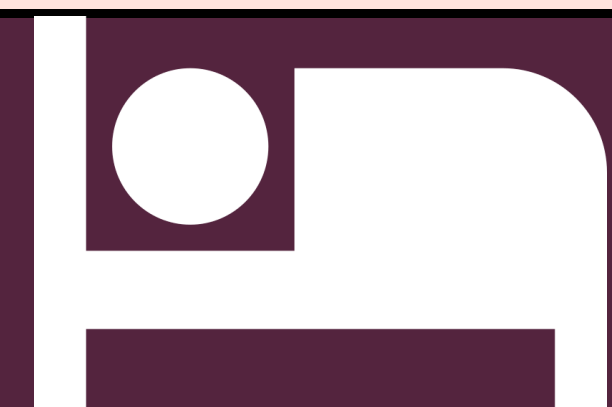


After

After a match/exercise, the body has exhausted its glycogen stores which were used to fuel the body and the muscles have been worn down and damaged therefore it needs proper nutrition to recovery and prepare for future matches.

Consume protein to repair muscle 0.3g/kg within 2 hours

Consume carbs to replenish glycogen storage 1g/kg within 2 hours



Proper nutrition for athletes

Before

(Importance) Carbs - the main energy source that the body uses for **fuel** is muscle and liver glycogen. ENSure

(How and what depending of time meal)

>4h - Try to eat more carbs

<4h - eat easily digestible carbs (e.g....)

<2h - Drink carb rich drinks like milo or isotonic drinks with sugar

During

the body needs to sweat to prevent the body temperature from increasing too much and causing harm therefore hydration is important.

replenish fluid lost from sweating. Isotonic drinks also help to replenish electrolytes loss through sweating

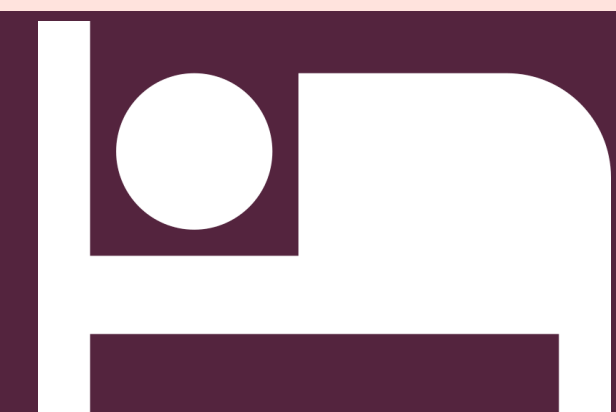
?When to choose isotonic drink ->60min

After

the body has exhausted its glycogen stores which were used to fuel the body and the muscles have been worn down and damaged therefore it needs proper nutrition to recovery and prepare for future matches.

Consume protein 15-20g /meal

Consume carbs to replenish glycogen storage



Enhancing performance and recovery nutritionally

Before

During

After

<4h

>4h

0h

>2h

Ok to eat anything

>4h: Eat easily digestible carbs like white rice and bread.
>2h: Drink carb rich drinks like milo.

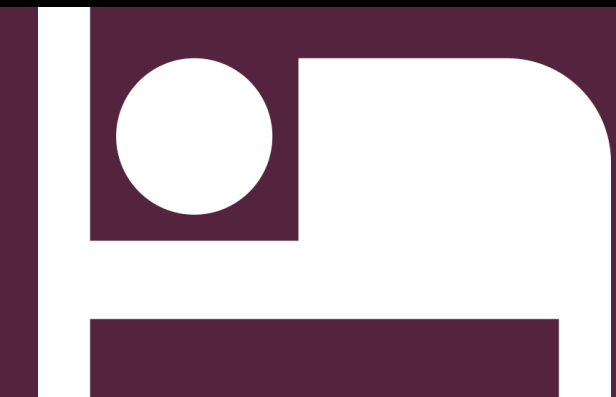
Hydrate when possible with water or isotonic drinks which provide adequate carbohydrate, electrolytes and fluid for fuel and hydration

Consume protein, carbs and drink isotonic drinks

The main energy source that the body uses for **fuel** is muscle and liver glycogen which is made from carbs.

Sweating helps prevent the body from overheating and causing harm therefore hydration is important.

Protein helps repair damaged muscles, carbs replenishes glycogen stores isotonic drinks replenishes electrolytes



FOOD EQUIVALENT

Carbohydrates (~30g)



1/2 Bowl of Rice
(100g)



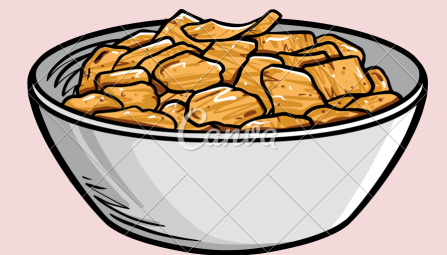
1/2 Bowl of Pasta
(100g)



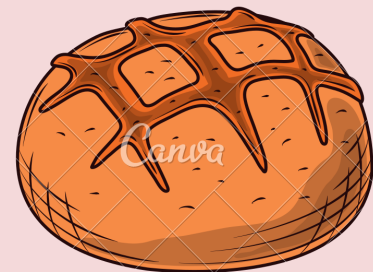
1 Medium Banana
(200g)



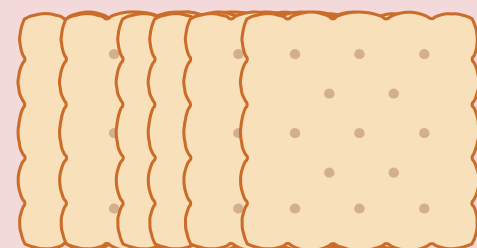
1 Cup Of Flavored Milk
(250ml)



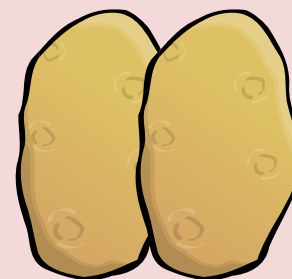
1 Cup of Cornflakes
(30g)



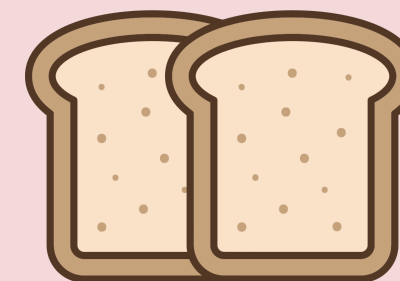
1 Bun
(60g)



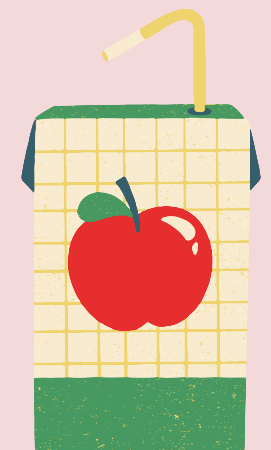
6 Pieces of Biscuits
(30-40g)



2 Cooked potato
(180g)



2 slices of bread
(60g)



1 Cup of Apple juice
(250ml)

FOOD EQUIVALENT

Protein (~15-20g)



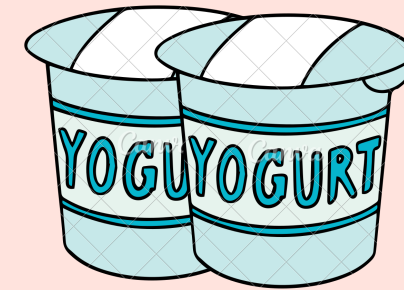
Fish
(70-80g)



Chicken / meat
(100g)



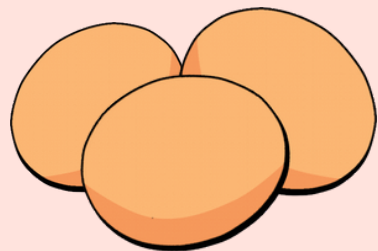
6 Prawns
(200g)



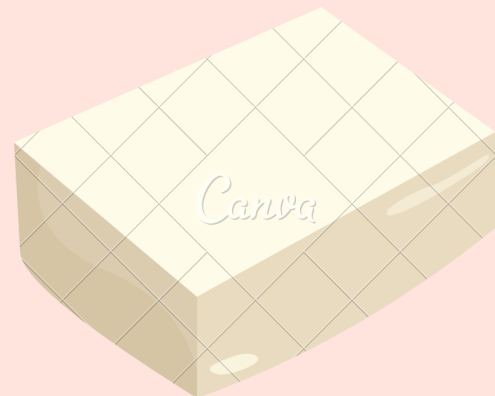
2 Cups Yoghurt
(300g)



2 Cups Milk
(500ml)



3 Eggs
(180g)



Silken Tofu
(100g)



Taukwa
(62.5g)



2 Cups of Soymilk
(500ml)



1 Cup of Chickpeas
(160g)

WORKOUT NUTRITION



Before

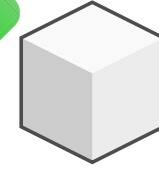
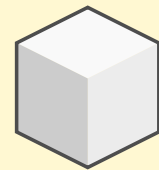
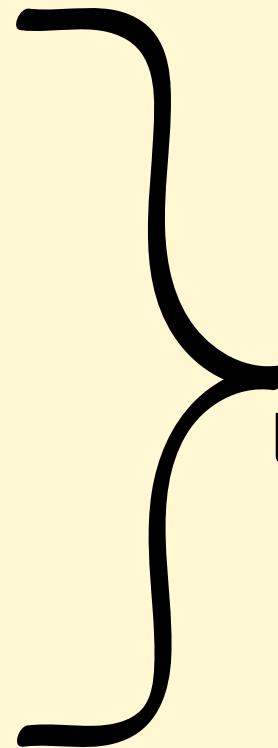


During



After

CARBS
main fuel



PROTEIN
repair



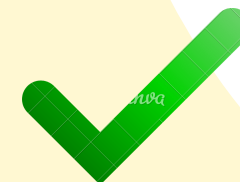
If <2hr,
lighter snack



FAT
provides calories



FLUID
prevent overheating



+ ELECTROLYTES
If endurance/ intermittent
exercise >60min or sustained
high-intensity exercise >45min

