

Louise Fiddes – Nutrition Advice based on Whatsapp food diary 09/01/18

1. DRINK:

- a. OTE Lemon and Lime Energy for fuel in race pace, power, high intensity and key sets.
- b. In low intensity / aerobic sets drink water / no added sugar cordial

2. SNACKS: Add 1 piece of fruit or 1 tablespoon of dried fruit to each of your snacks (1 apple, 2x tangerines, 2x kiwi fruit, handful of grapes)



3. VEGETABLES: Aim to have different coloured vegetables with each meal to boost your immune system – **EAT THE RAINBOW**

4. IRON: Aim to have red meat (steak or beef mince) twice per week and aim to have baked beans 1-2 times per week.



- a. Have a small glass of fresh orange juice with your bowl of shreddies to increase iron absorption.

5. BREAKFAST:

- a. **Low intensity**, aerobic or recovery session = yoghurt, berries and 1 teaspoon of peanut butter.
- b. **High intensity**, power or race pace need more carbohydrate for fuel =
 - i. Yoghurt and berries with a glass of orange juice, banana and cereal bar.
 - ii. Bowl of porridge with berries and 3 spoons of Greek yoghurt.

6. RECOVERY: After each training session take the OTE Soya Protein drink to help your muscles adapt and repair to help you recover and get stronger.

7. HEALTHY FATS: Try to eat Salmon or mackerel 1-2 times per week, add a small handful of mixed nuts to your berry and fruit snacks.



8. **GET YOUR COOK ON!** Try the attached recipes as more nutritious options when your mum isn't able to cook. Beans or eggs on toast with a salad is a quick and nutritious meal if you are stuck for ideas.

9. **SUPPLEMENTS:**

- a. **Vitamin D: Take Healthspan elite 4,000IU vitamin D daily** (https://www.healthspan.co.uk/products/elite-vitamin-d3-4000iu#/?pack_size=120). Discount code: **EIS-HEALTH**
- b. **Sport Essentials (multivitamin, probiotic and omega 3) daily** (www.healthspanelite.co.uk/products/elite-sport-essentials)
- c. **FERROGRAD C (Iron) Take as directed by doctor**

