

Nutrition tips for training transition

During this rapidly changing time, it's important to keep focused on your nutrition to keep healthy and support your training

Be mindful of the following:

1. Eat a balanced diet
2. Adjust nutritional intake to match changing training demands
3. Recover well after a session
4. Consider a probiotic daily to support your immunity
5. Maintain good hand hygiene practices



Eat a balanced diet

- Eat 3 meals a day
- Choose foods from each food group at each meal
- Choose wholegrain cereals
- Strive for at least 5 portions of fruit and veg daily
- Have lean meats, fish and pulses
- Include low fat dairy produce
- Consider your portion sizes especially if your activity has reduced



Adjust food intake to training

- Eat a meal 2-4 h before training and include a top up snack if required
- Fuel during if your session lasts more than 1 h

Refuel and Replenish after a session

- Good recovery nutrition is always important but particularly important at the moment when supporting immunity is key
- Have a snack or meal as soon as practically possible after your session
- Remember to include carbohydrate and protein in your recovery meal or snack



Make every count

- Be selective in your food choices especially if your training volume and load has reduced
- Go for low fat, snacks with a **high nutritional value** like fat free Greek yoghurt and berries or vegetable sticks and reduced fat hummus.

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Energy intake

Fuel and recover properly with nutrient dense meals

Be mindful of your energy balance

Energy expenditure

If your training load is lower you may need fewer snacks

Eat foods with a high nutritional value, these contain lots of nutrients per serving



Stop, take time to think whether your hunger is:

- ❖ **Physical or stomach hunger** – comes on gradually and is when your stomach is rumbling and it's been a few hours since you last ate.
- ❖ **Emotional hunger** – comes on suddenly and is when you crave a particular food e.g., pizza / ice-cream.
- ❖ **Habit** - A particular food is sought e.g., biscuit at a particular time e.g., after dinner or with a cup of tea.

Identifying why you are eating helps avoid unnecessary snacking.