

Water

During exercise it's important to remain hydrated. Some sports drinks are designed specifically to quickly replace electrolytes and carbohydrates lost during rigorous exercise. A cheaper substitute is to dilute fruit juice 1:1 with water.



You should also re-hydrate within 20 minutes of exercise. This is especially important for young people, whose lower body weight means their body water supplies deplete faster than adults.

There is no single food that will enhance performance on its own. Having a balanced and varied diet where the energy expended equals the energy we intake (eat), ensures that we are fit, healthy and full of vitality!

Eatsome

Eatsome aims to support community groups in Cornwall with sessions on healthy eating, cooking, shopping and budgeting. We also work towards embedding healthy eating practices and policies within the community.

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LEAP Active – supporting and encouraging people to undertake physical activities

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Eatsome

Promoting healthy eating and the 5 A DAY policy across Cornwall and the Isles of Scilly.

Sports Nutrition



Cornwall and Isles of Scilly **NHS**
Primary Care Trust

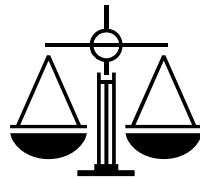
Sports Nutrition

Nutrition guidelines for adults and young people suggest that we eat a balanced and varied diet and drink plenty of water (at least 8 glasses a day).

Keeping the balance

A balanced diet means eating;

- at least 5 portions of fruit and vegetables per day,
- plenty of carbohydrates, such as bread, rice, pasta and potatoes,
- some protein (meat, fish, pulses, eggs),
- some dairy produce (milk, yoghurts, cheese)
- a small amount of fatty and sugary foods.



Having a balanced diet means that we have the nutrients we need from our diet to have a healthy body. It also means that we have a good energy balance, which ensures we have energy to carry out activities and lead a full life.

Exercise

When it comes to vigorous exercise it's important to top up carbohydrate reserves several hours before the start.



Eating complex carbohydrates, such as fruits, vegetables and wholemeal breads, will mean that your energy will get released slowly and steadily.

If you have a high sugar snack this will be digested more quickly and, although it releases a sugar rush, this quickly drops again.

Although digestion rates vary slightly between individuals, most people need to leave a few hours between eating and exercise to prevent a stitch and discomfort.



Having a carbohydrate and protein rich meal afterwards is essential for replenishing your body's supplies and protecting against muscle loss. Pack a couple of ham or cheese salad sandwiches and eat with some milk to regain essential nutrients.