



## Nutrition

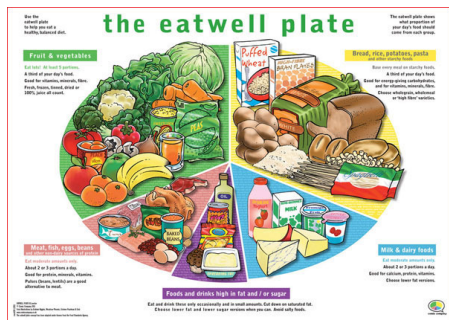
UKCC Level 3 Certificate in  
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## Healthy eating?

Energy requirements?

## Balance



General picture more important than exact numbers

How do you adjust for vegans etc.?

Watch for hidden sugar!



## Basic principles of sports nutrition:

- stay hydrated
- provide fuel
- promote recovery



## Three phases:

- Before exercise
- During exercise
- After exercise



## Training hard?

- Eat more carbohydrates
- Eat a moderate amount of protein
- Eat at least five portions of fruit and vegetables each day
- Eat less fat
  
- Avoid supplements – very risky. Far better to adjust diet.

### Energy intake and expenditure affects sports performance

- Too little food = insufficient energy
- Too much food = weight gain
- Hard training phases -> more carbohydrate
- Injury -> less carbohydrate

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### Eating disorders?

specialist psychological area outside the expertise of most coaches

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