

# Performance Nutrition – Gliding Federation of Australian

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## **Nutrition Basics**

Consume a wide variety of foods from the **5 core food** groups:

- Vegetables
- Fruit
- Wholegrain breads and cereals
- Lean meat, poultry, fish and meat alternatives
- Milk, yoghurt, cheese (mostly reduced fat)

Aim for 5 serves of vegetables and 2 serves of fruit per day:

- 1 serve of vegetables = 1 cup salad veg or ½ cooked vegetables
- 1 serve of fruit = 1 medium piece (apple, banana, orange, pear), 2 small pieces (apricot, plum, kiwi fruit)

## **Nutrient Density**

Nutrient dense foods are packed full of nutrients but contain little energy. They are usually whole, unprocessed foods. Energy dense foods are packed full of energy but contain little nutrition.

- Nutrient dense = fresh fruit and vegetables, lean meat, low fat dairy, wholegrain cereal etc.
- Energy dense = soft drinks, energy drinks, cakes, biscuits, pies, sausage rolls, sugary cereals etc.

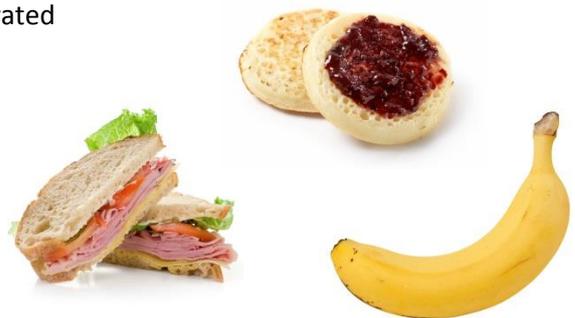
## **What to eat before**

### Goals

- Top up fuel stores
- Drink adequate fluid to start session well hydrated
- Eat at the right time to avoid hunger

### Top Tips

- Rich in carbohydrate
- Low in fat and fibre
- Provide fluid
- Be enjoyable and familiar



## **What to eat during**

### Goals

- Practical
- Minimal Handling
- Won't spoil
- Comfortable



### Suggestions

- Fruit, muesli bars, sports drink, jam or honey sandwich, Sustagen sport/Up&Go, dried fruit, protein bar

### **What to eat after**

#### Goals

- Replenish (carbohydrate)
- Repair (protein)
- Rehydrate (water and electrolytes)



### Suggestions

- Chocolate milk, chicken & salad roll, fruit + yoghurt, fruit smoothie

### **Hydration**

2% loss of body weight will decrease performance. For gliding this can speed up fatigue and lead to poor decision making ability particularly during the latter stages of a race.

Monitor hydration status during training by weighing before and after session. An Accredited Sports Dietitian can help you with this.

To rehydrate effectively, you need to drink 120-150% of fluid that you lost in the 4-6 hours recovery post training/race. Water alone is not sufficient, need electrolytes (sodium)

### **Supplements**

A food first approach should take priority over supplements. For more information about the supplement framework head to [www.ausport.gov.au/ais/nutrition/supplements](http://www.ausport.gov.au/ais/nutrition/supplements)

Caffeine may be a useful ergogenic aid for glider pilots. It can help with increasing alertness and focus. Recommended dose is 1-3mg/kg taken 45-60min before flight and effects last 4-6 hours. A top up dose may be needed during flight.

Caffeine can affect people differently and the dose may vary. For more guidance on caffeine supplementation, seek the advice of an Accredited Sports Dietitian. Head to [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au) to find one near you.

As with all supplementation, there is always a risk of returning an anti-doping rule violation. Chat with your sports dietitian and seek out supplements with the Informed Sport logo ([www.informed-sport.com](http://www.informed-sport.com)) to reduce your risk.