

## **FOOD FOR THOUGHT FOR REFEREES MARK II**

### **LORRAINE MCCREARY BSC SRD MRSPH SPECIALIST DIETITIAN - DIET SCOTLAND LTD**

#### **THE IMPORTANCE OF NUTRITION WHEN UNDERTAKING EXERCISE**

- ❖ Improves metabolism and helps burn body fat
- ❖ Improves cardiovascular function
- ❖ Improves glycaemic control (blood glucose levels)
- ❖ Reduces raised blood pressure
- ❖ Creates endorphins, reduces anxiety and improves mood

For day to day living eat small frequent meals including complex carbohydrates, wholegrains, peas, beans and pulses.

Protein sources should be lean chicken, fish and lean red meat – not processed.

Fruit and vegetables provide vitamins, minerals, antioxidants and fibre; they should have a place in every meal.

Remain well hydrated.

Fats and oils contain the most energy per gram, keep them to a minimum. Remember that they are often hidden in processed foods.

Encourage your body to be catabolic using exercise and diet to promote the breakdown of fat and the build up of muscle (anabolic) which will help drive your metabolism and increase the rate at which you burn calories ..... even when resting, this process is dependent on muscle mass.

Use carbohydrates sensibly. Recognise that processed 'white' carbs like white bread, potato, rice and pasta should be used for their real purpose and that is to provide immediate energy before exercise, not as day to day components of a healthy diet. These carbs ensure that you produce lots of insulin (See the slide re. Glycaemic response) insulin has two jobs:

1. To take energy from carbs from your bloodstream to your muscles and brain, and
2. To store any excess as fat.

The carbs you should have in your daily diet need to be complex, wholemeal, grainy slow to digest and good to store in your liver as Glycogen.

Do not skip meals, doing so puts the body on an alert that it may be being starved, so it will slow down the rate of its energy expenditure and preferentially store food as fat. If you regularly overeat or under exercise and your Glycogen stores reach their limit the excess is stored as fat and you increase your weight.

One pound of fat represents 3,500 calories. To lose one pound you need to reduce your intake by 3,500 calories. A curry and a couple of pints could represent 3,500 calories.

**THINK ABOUT IT!**

## **Pre-match advice ;**

- ⬇️ Weigh yourself before the match**
- ⬇️ Have breakfast with mixed carbohydrates – wholegrain bread, wholegrain cereal, fruit and fruit juice**
- ⬇️ 1 hour before the match have a snack containing fast – medium acting carbs, white bread sandwich, banana, granola bar, isotonic drink (drink that is diluted, not too sweet)**
- ⬇️ Stay well hydrated with a mix of water, fruit juices and diluted juices**
- ⬇️ Half time/breaks have a sports drink (Isotonic) jelly babies/marshmallows**
- ⬇️ If sweating or weather is very hot, increase your fluid intake**
- ⬇️ Salty snacks and fruit will help maintain fluid and electrolyte balance**
- ⬇️ Weigh yourself post match. Drink 3 cups of fluid for every pound lost over the next 12 hours**