

GMSBC GUIDE TO FEEDING ROWERS

The following guide is for rowers. (Parents please take note and help your son/daughter eat a proper sports person's diet. It will help him/her perform better in rowing and in the classroom!).

The ideal diet for young sportsmen and women is well balanced with plenty of calories. At 13-18 years, you are still growing and with your training schedule, you need plenty of calories.

These are the key rules to stick to, which are explained later in this section:

- **Eat enough, and mainly from the 4 important food groups**
 - **Don't skip meals**
 - **Keep your body hydrated - if you are thirsty, you are already dehydrated**
 - **Before competitive events:**
 - **The day before and on the day of the event - avoid protein, and eat high carbohydrate and low fat foods. Avoid very high doses of sugar! Eg fizzy drinks, sweets, biscuits.**
- After the event, have a nutritious snack within the hour - especially if you have further racing.**

Eating Enough:

Eat from these four food groups but see that as a minimum. Eat some fun foods e.g. cakes, biscuits, snack bars, chips to get extra calories, but have these in moderation.

The four food groups:

1. POTATOES, BREAD AND CEREALS

Includes rice, pasta, breakfast cereals, pizza bases, buns and crackers as well as potatoes and bread. Rowers need lots of these foods. Aim for at least **10 (6 for girls) servings per day**. One serving = 1 thick slice of bread or 2 Weetabix or 1 medium potato.

2. FRUITS AND VEGETABLES

Have **5 servings per day**. One serving = 1 banana or 1 apple or 2 plums, a handful of grapes or 1 tablespoon of dried fruit or 2 tablespoons of cooked vegetables or a small bowl of salad.

3. MILK, CHEESE AND YOGHURT

Have at least **3 servings per day**. One serving = 1 glass milk or 1 pot yoghurt or cheese in a sandwich or on a pizza.

4. MEAT, FISH, EGGS, NUTS AND PULSES

Have at least **2 servings per day**. One serving = 3-4ozs of cooked meat or fish or 2 eggs and a rasher of bacon or 100g packet of nuts or 1 x 450g tin of baked beans.

Don't skip meals:

Always have breakfast! If you don't have time before you leave home, have breakfast when you get to school. If you are training before school **bring food to have immediately after the session.**

Good snack breakfasts: BLT sandwich and glass of milk; cheese toastie and orange juice.

Keeping your body hydrated:

Keep your body well hydrated by drinking plenty of fluids. Remember if you are thirsty, your body is already about 20% dehydrated. Drink at each meal and snack. Drink water or isotonic drinks (recipes for home-made isotonic drinks are basically 1 part orange juice, 5 parts water + teaspoon of salt) before and during your training sessions. The best check is the colour of your urine. It should be a pale yellow colour during the day. First thing in the morning it is usually darker.

REMEMBER ALCOHOL WILL DEHYDRATE YOU. TEA, COFFEE AND COLA DRINKS DO TOO, BUT TO A LESSER EXTENT.

Eating and drinking for a Head Event:

Eat plenty of high carbohydrate and low fat foods the night before and up to 2 hours before the event.

As you will row hard for 20 to 30 minutes, you need to make sure you don't get dehydrated or let your blood sugar get too low (so that you make mistakes near the end). Drinking 300-400mls isotonic drink about 10-15 minutes before your race start time will help avoid this. Practice this in training so you don't get stomach ache.

After the event eat within one hour to replenish your muscle glycogen stores.

Eating and drinking for Regatta Events:

The day before and on the day of the event: eat high carbohydrate and low fat foods. This is **carb-loading** and maximises your muscle glycogen stores. Make sure you have some **low** fat protein foods as well e.g. low fat milk, lean meat or fish. Some people find that eating too close to an event gives them stomach ache. **You should not eat less than two hours before the race.**

Drink plenty to keep your urine pale yellow. This is especially important on a hot day.

As soon as possible after each 2km event, you should:

- Eat some high carbohydrate low fat food e.g. bananas, bread and jam or low fat biscuits eg. fig rolls and jaffa cakes.
- Have a hypertonic drink e.g squash.
- After your last race, eat as you would after training. This is especially important if you are competing again the next day.

Snacks:

The best snacks for after training are below (most of which can be thrown into your kit bag before you come in to school):

- Fresh fruit
- Dried fruit (eg. raisins, apricots, figs, dates, etc)
- Fruit juice
- Tinned fruit (can be bought in tins with ring-pulls)
- Chopped vegetables
- Yoghurt
- Low fat fromage frais
- Yoghurt drinks
- Milkshake drinks
- Rice pudding
- Kellogg's Nutri-Grain bars
- Kellogg's Rice Krispie Squares
- Kellogg's Pop Tarts
- McVitie's Go Ahead range of snack bars, biscuits and cakes
- Jacob's Vitalinea bars
- Jordan's Frusli and Crunchie bars
- Low fat flap jacks
- 96-99% fat free cakes
- Scones (fruit and plain)
- Currant buns and tea cakes
- Malt loaf and raisin bread
- Bagels
- Crumpets, pikelets, fruit and plain English muffins
- Low fat and plain biscuits (eg Rich Tea, Garibaldi, Fig rolls, Jaffa cakes, etc)
- Breakfast cereal and milk
- Rice cakes, bread sticks and low fat crackers
- Ready-to-eat pots of jelly
- Sandwiches, rolls, pitta filled with low fat fillings
- Instant pasta meals
- Soups with added pasta, beans, lentils, etc
- Cold pizza
- Cold rice salads
- Low calorie hot chocolate
- Individual milk/plain chocolate choc-ice
- Sorbet

Further useful websites for sports nutrition:

www.urbanext.uiuc.edu/hsnut

www.ais.org.au/nutrition/documents/FuelRow.pdf