

NETBALL VICTORIA NUTRITION RESOURCE

Claire Saundry & Jess Rothwell
ACCREDITED SPORTS DIETITIANS



WHAT IS COVERED?

1. Nutrition 101 for Netballers
2. Travel Tips
3. RED-S Awareness
4. How to Build a Healthy Lunch!
5. Recovery

1. NUTRITION 101 FOR NETBALLERS

Between the ages of 12 -18, a female body is going through many physiological challenges – this includes growth and development, known as puberty. Your body will **NATURALLY** increase fat, muscle and bone, which includes, changes in height, weight and body shape – this is determined by your genes and something we cannot change but certainly **ACCEPT** and **SUPPORT** with **GREAT NUTRITION** and exercise! It is important your body goes through this stage of development to maximise its potential for a **GREAT QUALITY** of **LIFE** and to **MAXIMISE** your **SUCCESS** in netball or other sports!

KEY NUTRIENTS

CALCIUM

Why?

- Bones become their strongest at this time (peak bone mineral density)
- Calcium also plays a role in muscle function and nerve transmission
- Calcium, Phosphorus, and Vitamin D, adequate energy, protein and iron help to support the development of strong bones
- 99% of your body's calcium is found in your skeleton

How much?

- 1300mg per day = 3.5-4 serves of dairy foods or equivalent

Foods that provide calcium:

- Dairy milk, cheese and yoghurt – best source (plus phosphorus)
- Plant milks with fortified calcium (120mg/100ml – look on the Nutrition Information Panel at the back of the packet)
- Green leafy vegetables, quinoa, seeds, edible salmon/sardine bones, fortified cereals and soy products (tofu or tempeh made with calcium)

IRON

Why?

- Your body needs iron for growth and development including tendons and ligaments
- Iron helps to transport oxygen in your blood and store's it in your muscles
- Iron fuels your immunity and helps enzyme reactions including energy production!
- Females need more iron than males due to blood losses (periods)

How much?

- 15mg per day

Foods that provide iron:

- Red meats (beef, kangaroo, lamb)
- Whole grains, fortified cereals or milo ie; Special K, Uncle Toby's or Weetbix varieties
- Dark green veggies

Tip: To boost absorption, pair plant sources of (non –haem) iron with vitamin C to boost absorption eg; dress a green salad with lemon juice/rind, tomato's and capsicum

PROTEIN

Why?

- Protein helps build bone, muscle and strength plus promotes recovery!
- Protein supports many different enzyme reactions in the body
- It plays a large role in hormone development and cellular structure

How much?

- Aim for a protein rich breakfast, lunch, dinner and post training recovery snack!

Foods that provide protein:

- Meat, poultry, fish and legumes, beans or soy products
- Dairy – milk, cheese, yoghurt (smoothies)

2. TIPS FOR TRAVEL

- Purchase a cooler bag, mini esky and ice pack if you're travelling far distances – this will help keep foods cold and minimise spoilage
- Home-made zucchini slice or savoury muffins, chicken/ham and salad sandwiches/wraps /rolls and yoghurt pouches are great nutritious options for a cooler bag
- If microwaveable facilities available at venue – noodle-based soup, left-over pasta or rice-based dishes are great options for a more substantial meal
- Microwaveable rice, tuna/salmon pouches can be made into quick nutritious meals
- Pack snacks that are less likely to spoil – trail mixes, fruit, nuts, popcorn, peanut butter sandwiches, dates scones, home-made fruit muffins or banana bread, muesli bars, sustagen or up & go tetra packs or juice boxes

Prevent catching bugs

- Pack a hand sanitizer when travelling and use it before and after using the toilet facilities to minimise catching bugs, plus tissues and plenty of water
- Extra dry clothes and socks/shoes, if wet, windy conditions are on the radar!

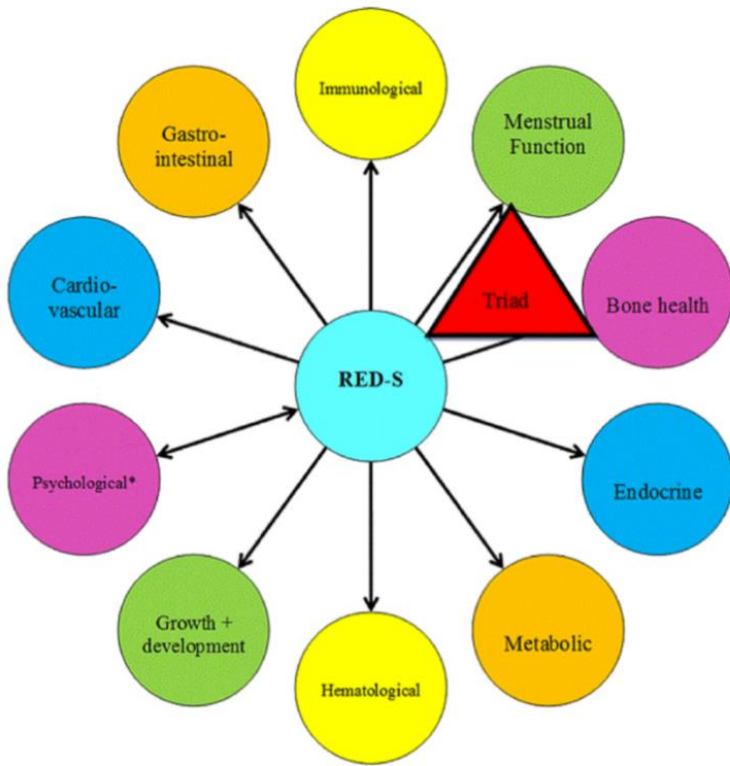
3. RED-S Awareness

- **RED-S = Relative Energy Deficiency in Sport**
- All athletes are at risk but don't worry, it can be easily avoided!
- **RED-S** = Health and Performance consequences that occur when the body doesn't have enough energy to support all of its physiological functions (*the balls below!*)
- **ENERGY** from food will always be available first for **EXERCISE**, so ensure there is enough **FUEL** leftover for you!

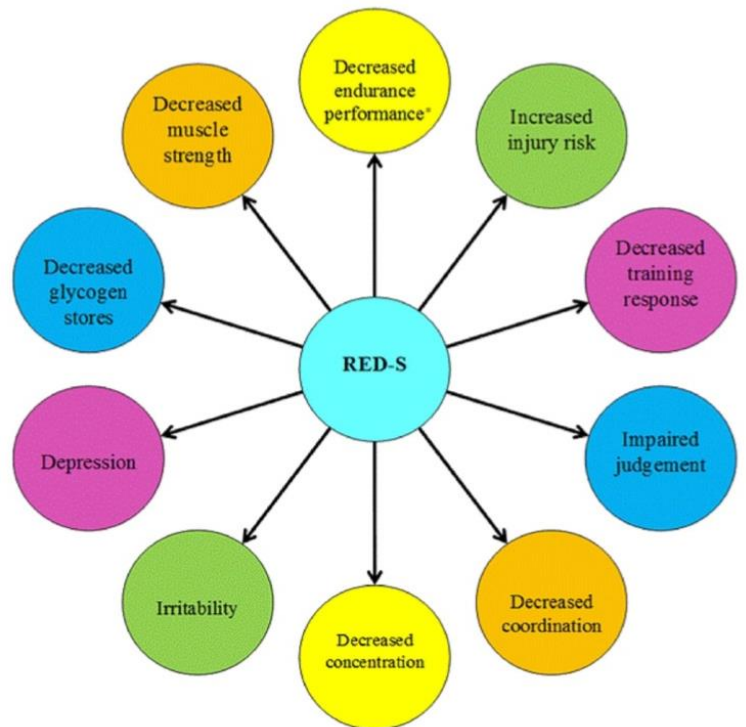
What indicators to look out for

- Irregular or no periods, on-going fatigue or infections/illness, bone injuries, poor mental health or decreased training/performance are some signs that you may in the 'RED-S'

HEALTH CONSEQUENCES



PERFORMANCE CONSEQUENCES



4. HOW TO BUILD A HEALTHY LUNCH!

Components of a healthy lunch?

1. Good quality carbohydrates

WHY? Carbohydrates provide energy for the body and brain, fibre to keep bowels healthy and tummies fuller for longer, and B-vitamins to help the body make energy from food.



2. Vegetables

WHY? Eating a rainbow of colourful veggies will provide the nutrients needed for good health, and development. They provide a unique combination of essential vitamins, minerals and antioxidants that help to boost immunity and protect the body from disease and inflammation.



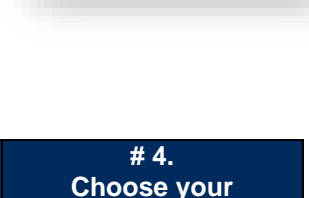
3. Protein

WHY? Protein builds and repairs muscle and tissue, iron improves concentrations and helps prevent fatigue and B-vitamins to help the body make energy from food.



4. Healthy Fats

WHY? Healthy fats provide energy and help your body absorb vitamins A, D, E and K, which are important for eyesight, strong bones and healthy skin



How to build your own wrap/roll/sandwich?

# 1. Choose your good quality carbohydrate	# 2. Choose your vegetables	# 3. Choose your protein	# 4. Choose your healthy fat
<ul style="list-style-type: none"> • Wholegrain wrap • Wholegrain bread • Wholegrain roll 	<ul style="list-style-type: none"> • Lettuce • Spinach • Cucumber • Tomato • Carrot • Beetroot • Capsicum 	<ul style="list-style-type: none"> • Tinned tuna/salmon • Lean roast or grilled meats • Falafel balls • Lentil patties • Boiled eggs • Baked beans • Tofu cubes • Hommus dip • Chickpeas • Beans (kidney beans, butter beans, cannellini beans) • Lentils 	<ul style="list-style-type: none"> • Avocado • Peanut butter or nut spread • Tahini spread • Tinned tuna or salmon

Examples:

Wholegrain wrap + spinach, cucumber, carrot, capsicum + hommus dip + falafels

Wholegrain roll + tomato, cucumber, lettuce + sliced chicken breast + avocado + sliced cheese

Wholegrain bread + lettuce, tomato, cucumber, beetroot + roast beef + wholegrain mustard

How to build a Goodness Bowl?

# 1. Choose your good quality carbohydrate as a base	# 2. Choose your vegetables	# 3. Choose your protein	# 4. Choose your healthy fat
<ul style="list-style-type: none"> • Brown Rice • Roasted Sweet Potato • Quinoa • Couscous • Wholemeal pasta • Noodles 	<ul style="list-style-type: none"> • Lettuce • Spinach • Cucumber • Tomato • Carrot • Beetroot • Capsicum • Roasted cauliflower • Broccoli • Homemade coleslaw made with low fat dressing, • Cabbage, • Radish, • Zucchini noodles, • Cauliflower rice, • Corn kernels, • Green beans, • Snow peas, • Mushrooms, • Celery, • Roasted or grilled vegetables, • Fresh herbs 	<ul style="list-style-type: none"> • Fresh or tinned tuna or salmon • Lean roast or grilled meats • Falafel balls • Lentil patties • Boiled eggs • Tofu cubes • Hommus dip • Chickpeas • Beans (kidney, butter, cannellini, edamame) • Lentils 	<ul style="list-style-type: none"> • Avocado • Tinned tuna or salmon in springwater • Nuts & Seeds • Olive Oil • Homemade pesto •

Examples:

Burrito Bowl = Brown rice/quinoa/sweet potato + spinach/tomato/cucumber + Mexican spiced chicken or beef mince + avocado

Poke Bowl = brown rice/quinoa + carrot/cabbage/radish/cucumber + salmon/kingfish/chicken/tofu + avocado + Edamame beans

Herbed Chicken Bowl = Brown Rice + Herbed Chicken + Pesto + Cos lettuce, cucumber, wombok, cauliflower, mint, radish + lemon dressing (made with olive oil)

Cauliflower + Eggplant bowl = Roasted Sweet Potato + Chickpeas + Roasted eggplant, roasted cauliflower, carrots, pomegranate, kale, mint, + feta + yoghurt dressing



5. RECOVERY

- The food and fluids consumed following training, or a game are critical for optimal recovery.
- The earlier you start the recovery process, the better your muscles and body will feel for the next training session or game. Immediately after training and games, both physical recovery and adequate nutrition are essential to get the body back into top condition.

The 3 R's for Recovery

Priorities post-training/game:

1. Re-hydrate
2. Repair Muscle
3. Refuel

- Start recovery ASAP after a game or training session
- If appetite is poor, try a liquid meal
- The meal eaten in the hours after a training session or game can make a big difference to recovery, and should contain protein and carbohydrate, but not too much fat.
- Complete recovery is not achieved in just a few hours after training or a game, it can often take more than 24 hours. Adequate fluid and food intake is important over the next couple of days to ensure optimal recovery and preparation for the next game ahead.
- Within 15 to 30 minutes post training or game recommend = a meal that contains good quality carbohydrates + a high-quality protein source

Recovery example foods

- Fruit Smoothie
- Bircher Muesli
- High fibre breakfast cereal with fruit, yoghurt and milk
- Wholegrain bread roll/wrap with meat/cheese/salad
- Baked Potato with baked beans or meat + grated cheese + coleslaw
- Baked Beans on wholegrain toast
- Fruit toast with ricotta and sliced banana
- Beef Burrito
- Pasta with meat sauce
- Homemade fried rice with meat + vegetables + rice
- Chicken and mushroom risotto
- Homemade pita bread pizzas
- Quinoa or couscous chicken salad
- Homemade chicken, lentil or beef burger
- Homemade zucchini slice/frittata



TAKE HOME MESSAGE

Fuel your body with whole foods from a range of colours and sources.

Be aware, be proactive and talk to an Accredited Sports Dietitian, if you are unsure of what and how much energy your body needs!

