

# PERFORMANCE NUTRITION PRESENTATION WORKSHEET

## MEAL SELF - ASSESSMENT

In the table below, identify a meal/snack that you typically consume. At the end of the presentation, identify 1 or 2 ways you could improve the nutrient density of this meal/snack e.g. add berries to your oatmeal

A typical meal/snack that I have each week..

I will improve this by...



## TRAINING NUTRITION

In the tables below, identify nutrient dense sources of carbs ("**Energize**" foods), protein ("**Repair**" foods) and non-starchy vegetables ("**Protect**" foods) that you typically enjoy. Then mix and match to create meal and snack ideas to fuel training and promote recovery.

ENERGIZE FOODS (Carbs)	REPAIR FOODS (Protein)	PROTECT FOODS (Fruit/non-starchy vege)
+	+	

# IN-TRAINING/COMPETITION NUTRITION

In the table below, identify suitable snacks to have to top-up fuel levels during training/competition



Carb rich



Low fat/fibre



Familiar



+/- Protein



# RECOVERY NUTRITION

In the table below, identify some "kickstart" recovery snacks to bring with you to training/competition, or to have as soon as you arrive home.



Carbs to **ReFuel**



Protein to **Repair**



Fluid + Electrolytes to **Replenish**

