

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...





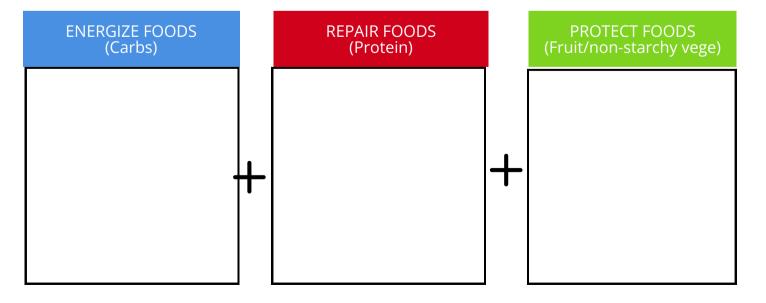






TRAINING NUTRITION

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.



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



Familar



+/- 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











