

Nutrition to Support Performance

GAA Player Conference

17.02.2018



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What's the most important meal of the day?

- A. Breakfast
- B. Lunch
- C. Dinner
- D. Before Training
- E. After Training
- F. All of the above
- G. None of the above



Which is the better source of carbohydrate?

- A. Sweet potato
- B. Potato
- C. Pasta
- D. Jelly beans
- E. All of the above
- F. None of the above



Good Carbohydrates?

It Depends.....



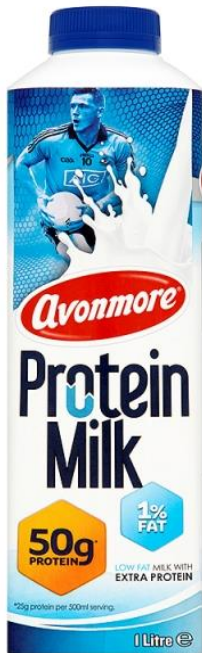
- Type- the majority of carbohydrate from 'nutritious sources'
- Timing
 - Before/After exercise
- Amount
 - Training Day v's Rest Day



Fuel&Perform

Which is the best pre-training meal?

A.



B.



What is best food to eat/drink at half time?

- A. Banana
- B. Sports drink
- C. Water
- D. Jaffa Cakes
- E. All of the above
- F. None of the above



Which is the best to refuel after GAA?

- A. Protein
- B. Carbohydrate
- C. Fat
- D. Water
- E. All of the above
- F. None of the above

Carbohydrate

During Exercise

6 sec sprint depletes your
muscle carbohydrate store by
15%

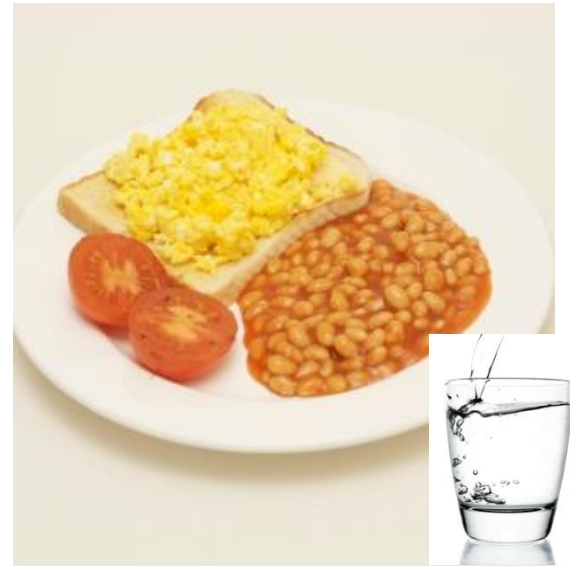


Which meal is the best to support recovery?

A.

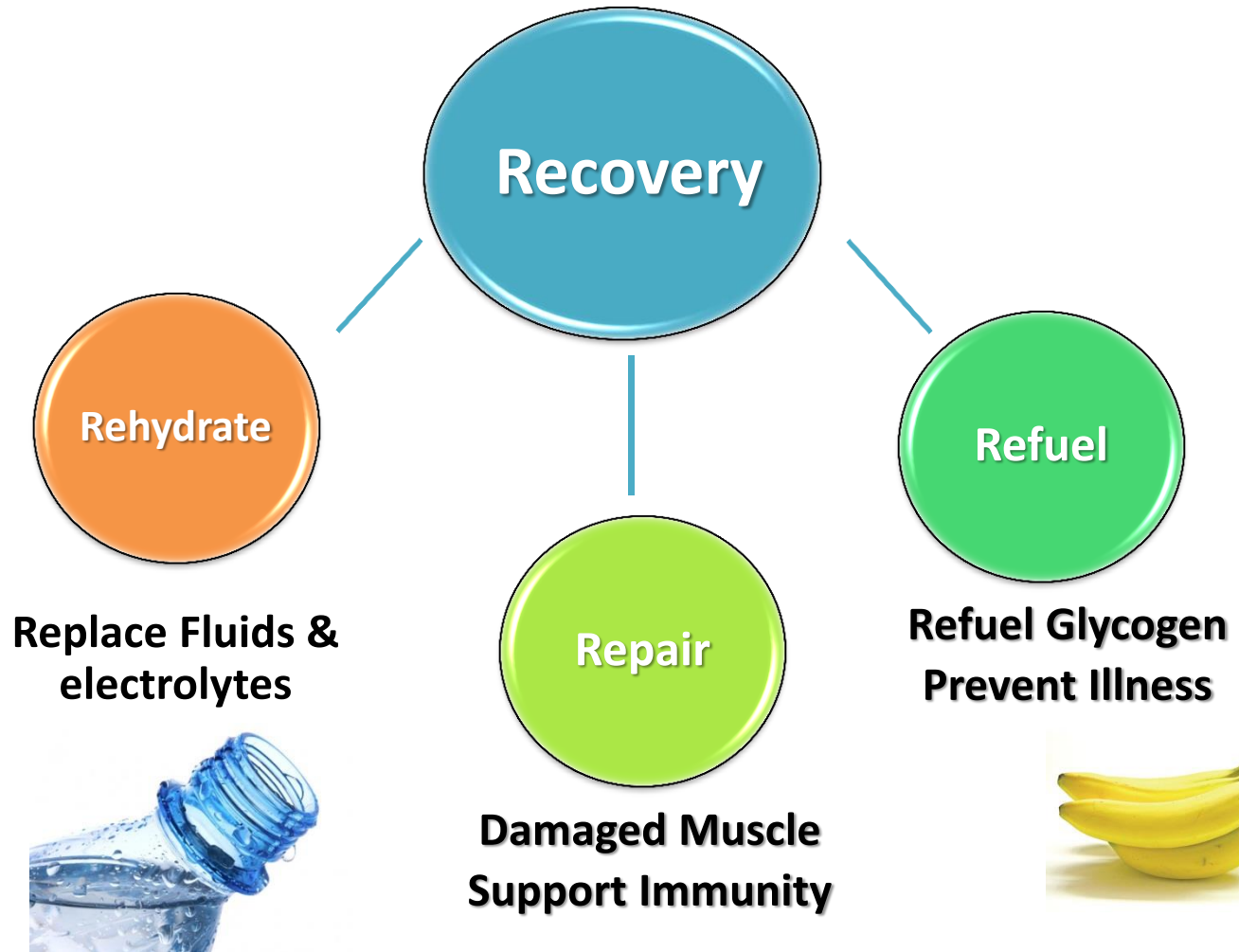


B.



The 3 R's of Recovery

Enhance Performance



Which of the following foods are high in fat?

- A. Chocolate, McDonalds, Pizza
- B. Salmon, red meat, butter
- C. Avocado, crisps, Chinese takeaway
- D. All of the above

Junk Foods

- Chocolate
- McDonalds
- Chinese Takeaway
- Crips
- Pizza
- Chips

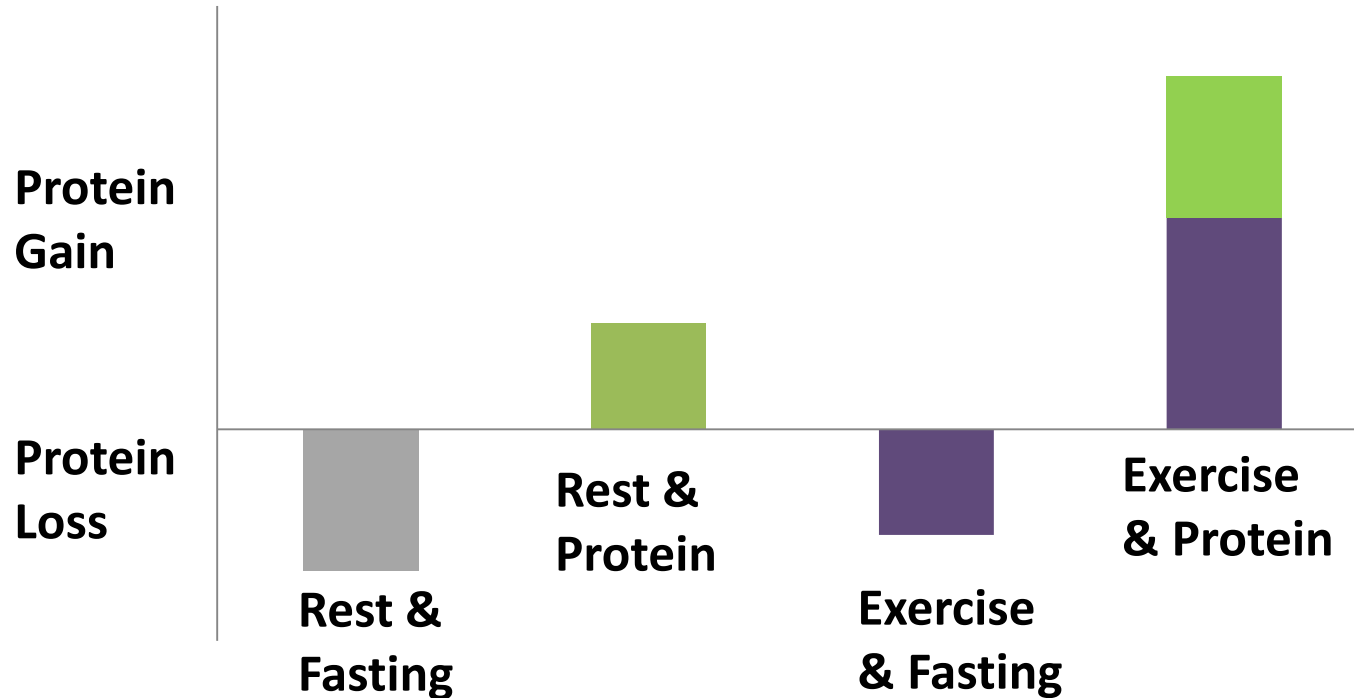
High Fat Foods



To support muscle growth is it better to:

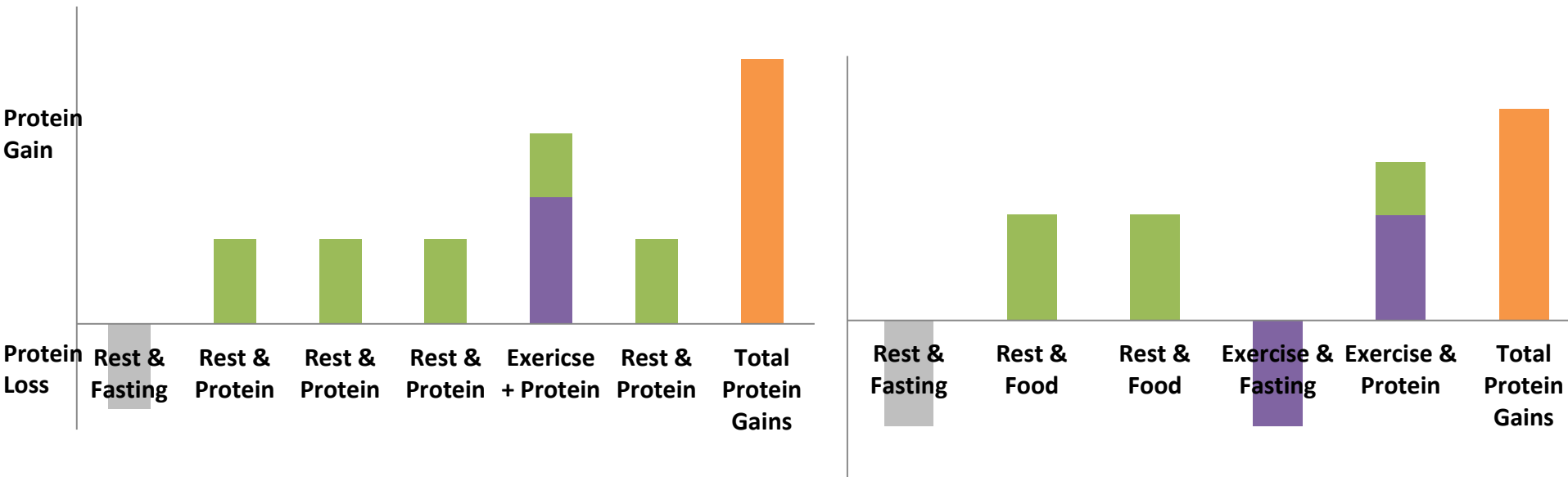
- A. Eat protein before working out
- B. Eat protein after working out
- C. Eat protein regularly throughout the day
- D. All of the above
- E. None of the above

Stimulation Protein Synthesis



Exercise PLUS Feeding ↑ Muscle Protein Synthesis

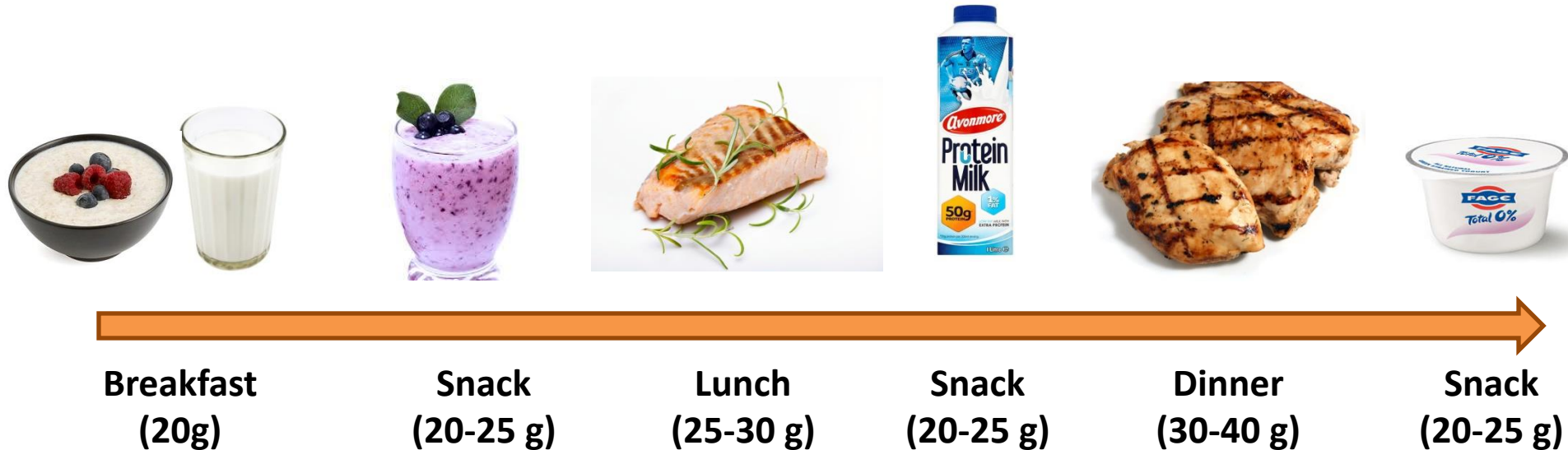
Protein Distribution



Evenly Distributed Feeding of Protein ↑ Muscle Protein Synthesis > feeding less frequent (larger) doses

Protein Distribution

Protein Throughout the Day



For weight loss which would you reduce?

- A. Carbohydrate
- B. Fat
- C. Protein
- D. All of the above**
- E. None of the above



Lose Weight

Negative Energy Balance

Caloric Intake

Diet

Energy Expenditure

**Physical
Activity**

Metabolism



LEAN IN 15

15 Minute
Meals and
Workouts
to keep
you Lean
and Healthy

**JOE
WICKS**
The Body Coach



EAT MORE EXERCISE LESS LOSE FAT

Joe Wicks, aka The Body Coach, reveals how to
SHIFT your body fat by eating more and exercising less.

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Carbohydrate & Weight Loss

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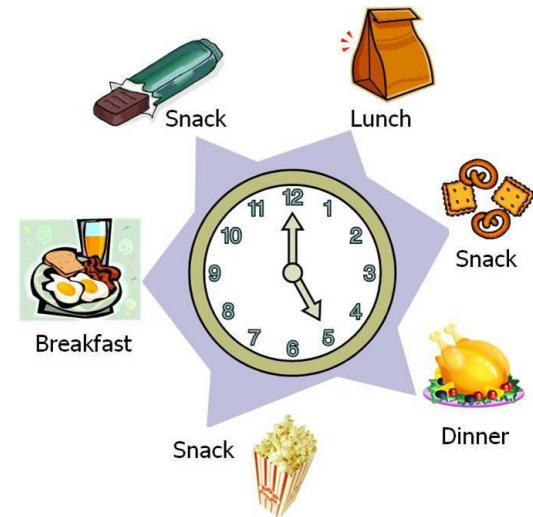
Does high-carbohydrate intake lead to increased risk of obesity? A systematic review and meta-analysis

[Kurt Sartorius^{1,2,3}](#), [Benn Sartorius^{1,2}](#), [Thandinkosi E Madiba^{2,4}](#), [Cristina Stefan⁵](#)

[Author affiliations](#) +

Physiologically, which is better for weight loss?

- A. 1 meal per day
- B. 3 meals per day
- C. 6 meals per day
- D. Eat all food before 7 pm
- E. $A = B = C > D$
- F. $A = B = C = D$



Adherence



Who is liable if the player are caught with a banned substance?

- A. The nutritionist
- B. The coach
- C. The manager
- D. The player



YOUR BODY YOUR RESPONSIBILITY

DID YOU KNOW?

STRICT LIABILITY

Players are solely responsible for any prohibited substance found in their system despite whether there was an intention to cheat or not.

CONSEQUENCES

A positive test can result in a suspension of a minimum of 4 years from all sports.

SUPPLEMENTS

Know the risks associated with supplements and how you can reduce your risk.

MEDICATIONS

Players should consult with the Medication Checker App or websites (www.eirpharm.com / www.globaldro.com) and their Team Doctor before taking any over the counter medication. For prescribed medication please consult the Team Doctor.

PROHIBITED LIST

In addition to performance enhancing substances, recreational drugs are also included on the prohibited list.



Fuel&Perform

Take Home Messages

- Carbohydrate is essential for performance & recovery
- Aim to hit the 3 'Rs' of recovery
 - Refuel
 - Repair
 - Rehydrate
- Reduce total over all calories to ↓ fat mass
- Minimise risk when taking supplements
 - Assess the NEED, RISK & CONSEQUENCES

