

Gymnastics Nutrition Guidance



Building a Performance Diet: Key Guidelines

Ensuring sufficient carbohydrate before and after training –a rough rule of thumb is around a fist size portion as a minimum.

Ensuring 0.4g/Kg BW protein at your 3 meals –rule of thumb palm size portion.

Additionally you should aim for 10g protein as snacks through the day as required.

You would benefit from increasing your intake of dairy to 4 servings a day where one serving is equivalent:

- 250ml glass of milk (12g protein)
- match box size portion of cheese (around 10g protein)
- 150g pot of yoghurt (if Greek then 15g protein)
- 100g cottage cheese (11g protein)

This will ensure you continue to build on your bone density by meeting your calcium requirements but a higher intake of dairy in athletes has also demonstrated improved lean muscle mass gains.

If you have problems with tolerating dairy, please consult a qualified sports nutritionist/dietitian (check the SENr –sports, exercise and Nutrition register).

Many of the alternatives on the market such as almond, oat, hemp, coconut and nothing more than expensive water as they have very little carbohydrate or protein.

Always ensure that you have a milk based drink prior to bed.

Additionally try and make sure that you consume a variety of proteins throughout the week including oily fish, red meat, eggs and chicken – avoid processed meat.

Prior to a strength session always include a whole protein source such as eggs, milk or Greek yoghurt.

If there are over 2 hours until your next meal then recover with dairy protein.

If your next meal is within 2 hours then ensure you meal contains a serving of 0.4g/Kg BW protein.

If strength training is later in day, also ensure dairy choice prior to bed to maximise

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muscle protein synthesis.

Be mindful about snacks, ensuring nutritional dense choices.

The recommendations for athletes are that every week aim to include at least two servings of oily fish, but ideally 2 – salmon, mackerel, kippers, sardines – you can use tinned varieties. This will help you to meet your Omega 3 and Vitamin D requirements. Also try and include at least 1 portion of red meat a week to boost your Iron intake.