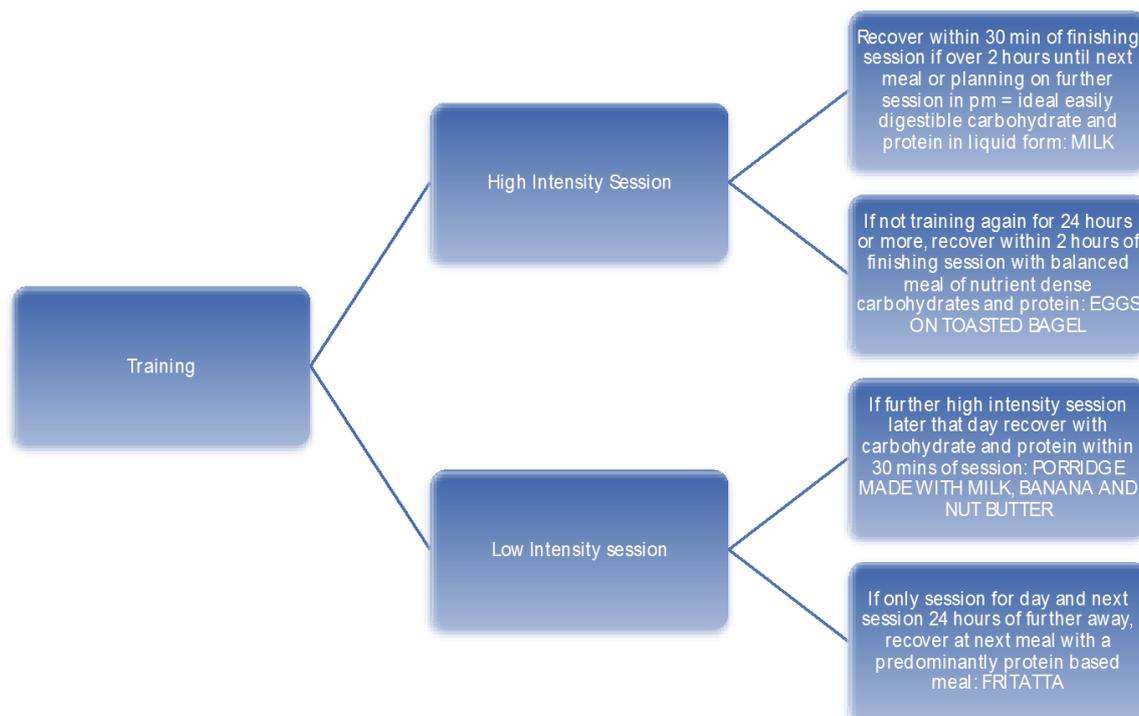


Gymnastics Nutrition Guidance



Recovery Nutrition

Recovery nutrition is very important to help the body repair and adapt after training. There is a lot of misunderstanding about the timing and type of recovery. The following flow diagram helps to explain how to make suitable recovery choices:



Below are some further tables you might find useful when trying to plan meals:

At meals always aim for:

Portion of protein:

- 2-3 medium eggs
- Small tin tuna
- Pack of cards portion oily or white fish
- Pack of card portion chicken or meat
- 2 medium sausages –meat or vegetarian
- 150g quorn mince
- 1/2 x 400g tin drained chickpeas/kidney beans o 100g smoked tofu

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Portion of carbs is equivalent to:

- 1 x large wholemeal pittas or tortilla wrap
- medium size sweet/white potato (uncooked weight)
- 80g fresh uncooked pasta or 3/4 x mug (300ml volume) dry weight store cupboard pasta
- 1/4 mug (300ml volume) uncooked brown rice/quinoa/couscous
- 1/3 mug (300ml volume) oats
- 2 x thick slices wholemeal bread or large wholemeal roll or 8 inch piece of granary baguette
- large seeded bagel

In addition to the carbohydrates and protein, **aim for 3 servings of the following to provide you with essential fatty acids:**

- 20g nut butter – try almond
- 1 tbsp rapeseed/olive/vegetable oil
- 25 unsalted nuts such as almonds or cashew or 8 Brazil or walnut
- 10g seeds, any including pine nuts
- 1/2 whole large avocado

Make the remainder of your meal up with salad or veg – frozen varieties are just as good as fresh and much cheaper and economical; try to get a variety of colours for added mineral and Vitamin boost. Additionally try experimenting with herbs and spices – add chilli, garlic, ginger and lime to stir fry options – studies have shown that such ingredients contain even more anti-oxidants than fruit and vegetables.