







Gymnastics Nutrition Guidance



Nutritional Strategies for Gymnastics Training

Example 3: Full Day training

Breakfast options:

		
2 eggs boiled/scrambled/poached on 2 slices whoelgrain toast	150g Greek yoghurt with 50g muesli and fruit	Blueberry Bircher's muesli
		
wholegrain bagel with nut butter	2 toast with 1/2 avocado mashed	50g porridge oats made with milk topped with 5 toasted walnuts and 1 tspn honey

Snacks to be taken throughout the day to keep energy levels topped up:

			
Dried fruit and nuts	Fruit cereal and yoghurt	Cheese and fruit	Malt loaf
			
Toast	Oatcakes with peanut butter	Milkshakes and smoothies	Cereal bars

Also stay hydrated –consider using electrolytes.

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Lunch options: PORTION CARBOHYDRATE/PORION PROTEIN/SALAD OR VEGETABLES; FOLLOWED BY FRUIT

Some examples include:

- 1) 1 x large wholemeal pitta with 60g humus and vibrant salad with tomatoes, cucumber, leaves, avocado, grated carrots and beetroot, serve with balsamic vinegar or lemon/lime juice.
- 2) Serving of vegetable and bean hot pot with ½ jacket or baked sweet potato
- 3) 1 x medium jacket potato with 200g (half a large can) of baked beans and salad.
- 4) Homemade pizza
- 5) Salmon wrap
- 6) Roasted veg Bruschetta
- 7) 1 bowl Homemade soup served with 3 oatcakes
- 8) Tuna melt – slice one wholemeal ciabatta or sourdough roll in half; spread 1 small can (75g) tuna evenly between both halves. Top with 30g grated cheese and place under a medium grill for a few minutes until the cheese has melted. Top with sliced cucumber, serve immediately

(see all recipes on additional sheet)

Recover in the car with small carton flavoured milk and then a light meal when you get home such as omelette with a pitta bread; small baked potato with chicken and salad; homemade soup (see recipes) with toast.

Before bed: 300ml milk based drink

For those of you that do early morning sessions:

If this is a hard session then aim to have one of the following:

- banana and yoghurt
- 2 weetabix with milk
- 2 slices malt or fruit loaf
- fruit smoothie: blend frozen fruit with fruit yoghurt and 200ml of juice

If you really can't stomach any food before an early morning session then try to take an energy drink and keep it in the gym so that you can take regular sips to keep your carbohydrate stores topped up. You can make your own energy drink in the following way:

250ml juice diluted with 250ml water and 1/4 tsp salt.