



# Healthy living and nutrition for teens + Athletes

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October 2019



**What are important things to keep your mind and body healthy?**

# Things that help your body to work well

- Sleep
- Hydration
- Good diet
- Exercise
- Structure
- Good mental health
- Positive mental attitude

# Sleep...why do we need sleep ??



- **Repairs and Restores** organs, muscles, immune system, hormones.
- **Memory** – To retain what you have learned
- **How Much sleep do we need ??**
- **What Happens if we don't get enough sleep**
- **What stops us from getting enough sleep ??**

Teenagers need 9-9 ½ hrs sleep

Not getting enough sleep over time =

- less recovery of organs/muscles and brain
- Reduced ability to learn
- Higher anxiety levels



# Hydration :

- What percentage of these organs are fluid ??
- Heart
- Brain
- Lungs
- Skin
- bones



# Why do we need to be hydrated??

- To help all our organs to work effectively
  - To regulate temperature
  - Carry nutrients around the body in blood
  - Helps to flush out waste products
- 
- How much fluid should we drink ?.....35ml/kg
- 
- Water is the best fluid
  - Limit caffeine and sugary drinks
  - For adults/teens with high sweat losses....take dioralyte when exercising to replace losses/ to improve sports performance



# Keeping Athletes hydrated

- **Water** – 2-3L a day, sip during the day – start early
- **Dioralyte** – if dehydrated/ sweating alot or diarrhoea/vomiting.....before game and ½ time.
- **Low fat milk after training : good for recovery.**
- **To check for sweat losses –**
  - check weight immediately before and after exercise – weight loss should be less than 1lb ( 0.5Kg). Drink 1L for each Kg lost.

How many tsp of sugar in a glass ( 200mls)  
following drinks ??

- **Water**
- **Tea/coffee**
- **Milk**
- **Pure orange juice**
- **Coke can**
- **Red bull can**
- **Monster can**
  
- Keep high sugar intake down..... Use natural unprocessed foods.

# Healthy Nutrition tips :



- Eat breakfast every day before you leave home
- Have 3 parts in main meal...**Protein** ( fish/chicken/turkey/meat/egg/beans)  
**Carbohydrate** ( pasta/rice/potatoes/noodles/bread)  
**Vegetables** ( cooked veg/salad/soup)

Eat fruit twice a day

Bring good snacks to school/work/sport

# Good Breakfasts :

- Porridge + milled linseed + berries/banana

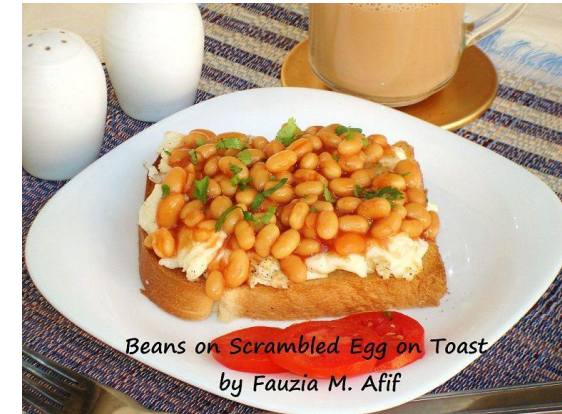


- Weetabix + milk



- Brown toast + eggs ( add Avocado, tomatoes)

- Low sugar granola + natural yogurt



- Smoothies ( frozen berries, fresh fruit, natural yogurt, water, milled linseed)

# Good snacks :

- Fruit
- Crackers + cheese/ nut butter/hummus
- Beans on toast/bagel.
- Eggs/cheese on toast
- Vegetable soup
- Yogurts ( Glenisk/Activia/Skyr/Fage)
- Nuts ( Almonds, walnuts, hazelnuts.....add dried fruit)
- Having chocolate/sweets occasionally is ok but should not be a main snack.
- **Bring a lunch box** for snacks..fruit, nuts, crackers, yogurt.....



# Good lunches :

## **CARBS**

- Brown bread/wrap/pitta//bagel/rice/pasta/potatoe salad/crackers

+

## **PROTEIN**

- Turkey/chicken/cold meat/cheese/eggs/tuna/salmon

+

## **VEG/FRUIT**

Salad/fruit

+ yogurt



# Soups and smoothies...get more nutrients in!

**Smoothie** : Frozen fruit, water, banana, natural yogurt, 1tsp milled linseed.



**Soup maker** : 6 x baby potatoes, 1 x carrot, 1 x onion, 1 COOKED chicken breast, 1 pint water, 2 x stock pots





Target.....keep take away under 650kcal,

Treat = only once every 2 weeks.

Option	Meal	calories
1	Regular burger ( <b>235cal</b> ), regular fries ( <b>368cal</b> ), water	<b>604</b>
2	Snack Box ( <b>990 cal</b> ) + Sunday ( <b>236 cal</b> ) + regular fanta ( <b>200 cal</b> )	<b>1426</b>
3	Grilled Chicken sandwich ( <b>340 cal</b> ), + 1 Apple ( <b>95</b> ) + coffee ( <b>25</b> )	<b>460</b>
4	Veggie wrap ( <b>553 cal</b> ), regular fries ( <b>368 cal</b> ) + onion rings ( <b>429</b> ) + medium milk shake ( <b>287</b> )	<b>1637</b>
5	Chicken nuggets ( <b>290</b> ) + regular fries ( <b>368</b> ) + diet sprite/water ( <b>0</b> )	<b>658</b>
6	Chicken wings ( <b>580</b> ), regular chips ( <b>368</b> ), muffin + ice cream ( <b>524</b> ) + free refill fizzy drink ( 3 x 500ml refills) ( <b>600</b> )	<b>2072</b>

# Pre Match :.....CARBS are Important FUEL :

- Drink Plenty of water
- Meals and Snacks based on Carbs...cereals, fruit, smoothie, bread, pasta

- **Typical pre match meal :**

Chicken/fish ( small portion)

**Carbs** : rice/pasta/potatoe + bread, fruit/smoothie/milk.



If you cant eat much.....just snack on  
carbs...cereal/toast/fruit/crackers/cereal bars/yogurts/rice pudding.

# Recovery :



**Important to repair the muscle damage done during exercise :**

**Refuel + repair :**

- Drink a variety of fluids including Milk
- Eat a meal within 1 hour.
- Make sure you have a variety of proteins in meal/snacks after exercise.

## **Typical post match meal**

- Fish/Chicken/meat/eggs + carbs + veg
- Snacks....nuts, crackers + cheese/hummus/nut butter/ eggs/beans
- Protein shake : 1 scoop whey, frozen berries, water/milk

# What do Athletes eat ??



# Typical Athletes Day :

- Sleep 10.30pm – 7.30am.....9 hr sleep
  - 2-3L water a day
  - 3 healthy meals
- +
- 3-4 healthy snacks.....oatcakes, fruit, smoothies, milk, cereal, nuts, avocado, beans, eggs
- 
- Multivitamin + fish oils.

# Supplements for athletes....

- **Multivitamins** : Wellman sport ( contains VitD and Iron)
- **Fish oils** : Eskimo/ platinum/MorEPA
- **Cramps + Fatigue** : adequate water intake, dioralyte before or at ½ time. Consider Mg ( sona before bed x 1 week before game),



# Summary :

- Be Smart ! Help your body and brain to work well.
- Bed early
- Drink 2L water
- Cut out energy drinks.....bad for your health
- Eat 3 healthy meals + 3 healthy snacks every day
- Exercise every day.
- Get organised
- Be positive

# Lists I will send

- Shopping guide.....Joyces + ALDI.
- Snack lists
- Recipe ideas.
- Good Social Media Channels to follow.

# Questions ???

