

Social Media Channels for optimum health and performance

Tracking – My Fitness Pal Premium (1-month free trial - €10 monthly/€50 yearly)

- Calorie goals by meal – See if you are reaching/over/under
- Can set different goals depending on day i.e. training/gym/rest
- Track nutrients consumed and see how much nutrients are in each food – over 50000 in the database
- Gives you a breakdown of each food's nutrient make up

Best Instagram sites for healthy cooking demonstrations

Foodflickr Official – Daniel Davey – Dublin/Leinster Nutritionist

- Number 1 site for step by step sports nutrition meals/snacks
- Easy to prepare, quick, healthy and cheap foods
- Brilliant ideas for batch cooking and staying on top of nutrition
- Gives very good advice on optimizing both health and performance from diet

Fuel for Fitness – Healthy alternatives to takeaways (fakeaways)

- Step by step posts on how to make meals
- Sports orientated and high in taste
- Like food flickkr - Easy to prepare, quick, healthy and cheap foods

Healthy food videos – Good but be cautious of some of the ingredients

- Step by step videos
- Not very sports orientated but still many good healthy ideas. However, be cautious of some ingredients (Butters/Full Fat Creams/excess salt/sugar). Learn the substitutes.

Other good pages to follow for evidence-based Health/Performance Information

- Danielle Logue Nutriton, YLM Sports Science, Orla Walsh Nutrition, Delicious Fitness meals.

Good Internet sources for healthy, sports nutrition meals and snacks if not on Instagram

- Food Flickr Official
- FuelandPerform – Crionna Tobin (Former Dublin Nutritionist and Head of Glanbia Performance Nutrition)