

## Optimum Nutrition

Get the most from your nutrition by selecting foods from each of the following categories when planning meals.

### • Vitamin C

- **Vegetables:** Sweet Potato, Peppers, Sprouts, Peas, Leeks, Cauliflower, Parsnips
- **Fruit:** Oranges, Grapefruit, Kiwi, Raspberries, Strawberries, Blueberries, Peaches, cranberries, pineapple, melon
- **Herbs and Spices:** Cinnamon, mustard, garlic, saffron, black and white pepper

### • Vitamin E

- Sunflower seeds and oil, Grapeseed oil, Sesame oil, brazil nuts, pine nuts, pistachio nuts, almonds, macademia nuts, cashews, pumpkin seeds, ground flaxseed, Avocado, oily fish

### • Carotenoids

- **Vegetables:** Carrots, Butternut Squash, Asparagus, Broccoli, Kale, Tomatoes, pumpkins, Spinach
- **Fruit:** Apricots, Prunes, Mango, Cherries
- **Herbs and Spices:** Paprika, coriander, Cumin, Chilli, Basil, Coriander, fresh parsley

## Step 1: Reduce Illness

## Step 2: Energy to Train

### • Slow digesting Starches

- **Cereals:** Porridge, All Bran, Natural Muesli, Shredded Wheat, Oat Bran
- **Fruits:** Cherries, Grapefruit, Apples, Oranges, Grapes, Dried Apricots, Bananas, Peaches
- **Vegetables:** Carrots, New Potatoes, Sweet Potato, Beetroot, Yams, Steamed Potatoes
- **Beans/Peas/Nuts:** Peanuts, Lentils, Kidney beans, Chickpeas, Baked Beans, Peas
- **Grains:** Wholemeal Pasta, Wholegrain Rice, Wild Rice, Cous Cous, Mixed Grain & Oat Bran Breads, Quinoa, Rye bread, Soba noodles, buckwheat

### • Fast digesting sugars (Reduce on rest days)

- **Cereals:** Weetabix, Cornflakes, Bran flakes, Coco Pops
- **Fruits:** Raisins, Pineapple, Mango, Banana, Fruit Juices
- **Vegetables:** Pumpkin, Broad Beans, Mashed Potato, Parsnips
- **Grains:** Short Grain White Rice, Pasta, White Bread, Pancakes, Cereal Bars
- **Sweets:** Soft Drinks, Jelly Beans, Ice Cream

### • Lean Protein

- **Animal sources:** Egg Whites, Lean Beef, Roast Lamb, Pork Chop, Chicken, Turkey, Salmon, Sardines, Prawns, Tuna in water
- **Dairy sources:** Skim Milk, Low fat Cottage Cheese, Low sugar Yoghurt
- **Vegetable sources:** Lentils, Soy Milk
- **Medium Fat Protein**
- **Animal sources:** Poultry (dark meat), fried chicken, Steak, Tuna in oil, fried seafood
- **Dairy sources:** Semi-skimmed Milk, Cottage Cheese, Mozzarella, Ricotta
- **Vegetable sources:** Tofu, Green Soy Beans
- **High Fat Protein (exclude when not training)**
- **Animal sources:** Beef Mince, Ribs, Bacon, Sausages
- **Dairy sources:** Whole Milk, Yellow Cheeses e.g. Cheddar or Swiss Cheeses

## Step 3: Faster Recovery