

## Summary: General Nutrition

---

Nutrition has a great influence on health and well-being. Plus, you have complete control over it!

### Carbohydrate (CHO) (3.75 kcal per gram)

**Function:** The body's preferred source of energy during prolonged, high-intensity exercise

**Sources:** CHO sources can be grouped based on their effect on blood glucose levels and described by the Glycemic Index (GI). Low GI foods such as whole grains, vegetables and oats are released slowly and are therefore perfect choices in the daily diet. Whereas high GI foods such as confectionery, white rice and breads are released much quicker and can provide a boost of energy.

**Recommendations:** For regular-moderate levels of activity (3-5 h/wk), consume 4-7 g/kgBM of CHO.

### Protein (4 kcal per gram)

**Function:** Growth, repair & recovery

**Sources:** Lean meat, fish, dairy products, nuts, seeds and legumes

**Recommendations:** The Recommended Daily Allowance (RDA) is 0.8 g/kgBM/d but if you train regularly, increase your intake to ~1.0-1.2 g/kgBM/d.



### Fat (9 kcal per gram)

**Function:** Protection, insulation, slow release energy source, fat-soluble vitamins

**Sources:** Saturated (Butter, fatty meat, cakes, cream) and unsaturated (Oily fish, nuts, seeds, avocados, polyunsaturated margarines)

**Recommendations:** Aim to keep fat consumption to less than 25% of your daily calorie intake, with as little as 10% from saturated fats. Avoiding highly processed foods and choosing lean meats and low-fat options can help you achieve these goals.



### Vitamins and minerals (0 kcal per gram)

**Function:** Essential for the day to day functioning of a healthy body

**Sources:** Fruits, vegetables, organ meats, nuts, seeds and whole grains

**Recommendations:** Eat a varied diet with plenty of fresh fruits and vegetables. Try steaming or stir-frying vegetables to prevent the loss of vitamins, which is often seen during the boiling process.



### Water (0 kcal per gram)

**Function:** Transport of nutrients/gases within the body, removal of waste products, lubrication of joints and absorption of heat with a minimal change in body temperature.

**Recommendations:** Aim to drink ~2-3 L of fluid per day. Increase your fluid intake around exercise and in the hotter, summer months when sweat rates will rise.

