



National Performance Nutrition Newsletter

March 2012



Rugby Grub - Issue [11]

Game On...Game Day Grub

With the start of the rugby season upon us, it's timely to review your nutrition strategies in the build up to a game. Giving consideration to what you eat & drink is an essential part of preparation but it's also important not to overemphasize it. Reality is, your energy or fuel needs won't be dissimilar game day relative to a heavy training day, especially if you are playing at an elite level, undertaking 2 sessions a day in training. Game preparation shouldn't be seen as an excuse for gorging yourself on food! Rather, you should be working with your sports performance dietitian to develop a strategic meal plan to boost fuel & fluid reserves that stays within your own energy needs.

Fuel & fluid reserves are a reflection of diet & training over the last few days so start your game preparation 1-2 days before the game.

To boost fuel reserves...

- Moderate your intake of foods rich in protein &/or fat, ensuring you have space for more fuel foods while also ensuring you don't blow your calorie budget
- Allocate more of your plate real estate to nutritious carb rich foods like pasta, noodles, rice, breakfast cereals, fruit in all its forms, dairy snacks, starchy veggies, bread & other flour based products
- Stick with your 3 main meals but continue to take mid meal snacks, focusing on carb rich choices

To boost fluid reserves...

- Increase your total fluid intake over the day, especially the day before the game
- Focus on drinking with meals, the salt in food helps retain the fluid, boosting hydration
- With the hard yards done, allow your fluid intake to moderate in the 1-2 hrs pre-game, ensuring you start the game feeling comfortable



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gary.slater@rugby.com.au
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Christine, Kelly, Kate, Sophy & Gary

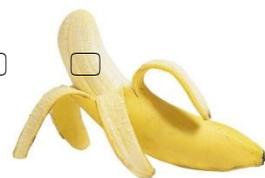


Take Home Tip...
Giving consideration to what you eat & drink is an essential part of preparation but it's also important not to overemphasize it. Reality is, your energy or fuel needs won't be dissimilar game day relative to a heavy training day, especially if you are playing at an elite level, undertaking 2 sessions a day in training. Game preparation shouldn't be seen as an excuse for gorging yourself on food!

Game On...Game Day Grub

Use the checklist below to help identify areas you can improve on to help enhance your pre-game nutrition strategies.

Checklist Questions...	YES	NO
1. The day before the game & game-day, I cut back on the size of my meat serves to nothing more than the size of a deck of cards to free up some of my plate real estate & energy budget for additional carbs like rice, couscous, pasta, noodles etc	<input type="checkbox"/>	<input type="checkbox"/>
2. The day before the game & game-day, I eat really clean, keeping my fat intake low. This frees up more of my energy budget for additional fuel foods, ensuring I can boost energy levels without impacting on my body fat levels	<input type="checkbox"/>	<input type="checkbox"/>
3. Rather than protein focused mid meal snacks I'll concentrate on carb rich choices the day before the game & game-day. If I'm also trying to enhance my hydration status I'll take advantage of salt rich snacks like bread, pretzels, breakfast cereals etc	<input type="checkbox"/>	<input type="checkbox"/>
4. To help enhance my hydration status, I'll drink 1-2 glasses of fluid with each meal & snack over the day before the game, ensuring I wake up well hydrated game day	<input type="checkbox"/>	<input type="checkbox"/>
5. I'll wake at a reasonable hour game day to ensure my food intake doesn't back off too much from sleeping in. If I'm still keen to nap, I'll go back to bed after breakfast	<input type="checkbox"/>	<input type="checkbox"/>
6. If I get nervous in the build up to a game where my food intake backs off, I'll make use of liquids to help maintain energy levels. Liquids like powdered shakes & flavoured milks contribute to both energy levels & hydration status but leave the stomach faster than solids, leaving me feel light & ready to play	<input type="checkbox"/>	<input type="checkbox"/>
7. I'll take a 400-500 ml 'primer' of fluid in the 20-30 min before exercise. This primes the stomach to maximise fluid uptake during exercise, getting it into the blood where it can be most effective	<input type="checkbox"/>	<input type="checkbox"/>
8. My decision to use water or sports drink is based on how long I'm likely to play for. For games I start or get plenty of minutes, I'll make use a combination of water & sports drink. The saltiness of a sports drink keeps me thirsty so I'll usually drink more	<input type="checkbox"/>	<input type="checkbox"/>
9. If I just can't stomach a full bottle of sports drink at half-time, I'll make use of other high carbohydrate choices like gels, bars of fresh fruit etc at half-time	<input type="checkbox"/>	<input type="checkbox"/>
10. For any performance enhancing supplements I've been considering use of during a game, I make a concerted effort to trial the supplement in training to confirm I tolerate it & have a sense of its performance boosting effects	<input type="checkbox"/>	<input type="checkbox"/>



Rugby Grub... Lasagne

With the start of the rugby season upon us many athletes are looking to a carb rich meal to help top up energy reserves. Spaghetti bolognese is always popular and we covered a really simple but tasty bolognese recipe in the April 2011 edition of Rugby Grub, using a recipe from the AIS Survival for the Fittest cook book. This month we look at an equally popular dish... lasagne. While we often think of lasagne as a great fuel food, it can be a real fat trap with little fuel, depending on the recipe used. The following recipe gets ***** for fuel & nutritional value. Give it a try

Ingredients (serves 4-6)

- Spray of canola or olive oil
- 800 g lean beef mince
- 575 g jar of tomato-based pasta sauce
- herbs and spices, to taste
- 375 g fresh lasagne sheets
- 450 g can of tomato soup
- ½ cup grated reduced-fat tasty cheese



Method

1. Preheat the oven to 170°C (325°F)
2. Spray a nonstick frying pan or wok with oil and heat. Add mince and brown completely. Add pasta sauce and simmer for a few minutes. Season with herbs to taste.
3. Spray the base of a lasagne or casserole dish with oil. Make the lasagne starting with a layer of pasta and alternating with a thin layer of pasta. You should fit 6 layers of pasta in a typical lasagne dish. Finish with a layer of pasta. Pour soup over the assembled lasagne and sprinkle a thin layer of cheese on top.
4. Bake in the oven for 25-30 minutes. Serve with a salad or steamed vegetables.

Tips

- For variety, this recipe can also be made with minced chicken breast
- To help boost the fullness factor of this dish, add some extra veggies to the meat sauce, including diced onion, sliced mushrooms & grated carrot or zucchini
- Need an extra fuel top up... double sheet the lasagne or add some crusty bread at the table
- Short on time... check the freezer section of your local supermarket for the *Weight Watchers* (1480kJ, 19g protein, 49g carbs, 6g fat) or *Lean Cuisine* (1700kJ, 20g protein, 56g carbs, 10g fat) beef lasagne. Matched with a side salad, they are a great meal choice when you're short on time. Keep 1-2 in the freezer as a back up to complement your own home cooked lasagne.

ANALYSIS per serve	4	6
Energy kJ	2840	2000
Carbohydrate (g)	78	52
Protein (g)	60	40
Fat (g)	14	9

Female (mum/ wife/ partner/ potential girlfriend) Impact Factor: ★★★

This dish freezes well & it's a big serve so you'll be sure to have at least 2-3 more feeds stashed away in the freezer the next time you need a feed in a hurry. Time well spent in the kitchen

Source: Survival for the Fittest AIS Cookbook

Want some inspiration? Check out the Taste website for a huge range (>21000) of recipes... Taste.com.au

Got a kick butt recipe you want to share? Submit your recipe to Gary at gary.slater@rugby.com.au



GURU GOSS... ANSWERING YOUR DIETARY CONCERNS

"I heard that creatine can cause muscle tears. Should I stop taking it?"

There have been a number of claims made in newspapers & magazines about the adverse effects of creatine supplementation, including muscle cramps & tears, liver & kidney damage & even the development of cancer in a French newspaper. While these claims help sell newspapers, scientific evidence confirms that creatine supplementation, when ingested in accordance with recommendations (typically 3-5g a day chronically or 20-30g for no longer than 5 days) has no impact on organ function or the development of muscle cramps or tears in otherwise healthy individuals. There is however evidence to suggest compartment pressure syndrome (a painful condition characterised by a build-up of pressure within muscles) can be exacerbated with creatine supplementation so those with a history of this painful condition are advised to avoid creatine supplementation. If you don't have a history of compartment pressure syndrome then you should be OK to continue with your creatine supplementation. Stick with the dose prescribed to you & only take the creatine during blocks of training where you are most likely to benefit from it. That is, during blocks of training characterised by repeat high intensity efforts such as the pre-season & the season proper. That said, remember if you have naturally high muscle creatine stores, supplementation is unlikely to further increase them, meaning no boost from creatine supplementation. This occurs in ~30% of the population with no way of knowing if you're a responder or not.

Diner Directory...

Each month we 'don our favourite caraff' & impersonate Matt Preston (Food critic, Master Chef) by reviewing the food on offer at some of our most widely available eateries. As promised, this month we head to one of our editors favourite haunts... Nando's, the home of tasty Portugese flame-grilled chicken! Check out the range of menu items below, including their nutritional value & our ranking using a simple light system...

Green = good choice

Amber = occasional choice

Red = poor choice

Menu Item	Energy (kJ)	Carbs (g)	Protein (g)	Fat (g)	Rating
4 grilled tenderloins	980	3	43	5	●
¼ chicken breast (no skin)	1210 (1050)	2 (2)	47 (45)	10(7)	●
8 BBQ ribs	1240	4	28	19	●
5 wings	1520	4	38	22	●
Classic chicken burger (no mayo)	1840 (1710)	49 (47)	32 (32)	12 (10)	●
Chicken breast pita (no mayo)	1360 (1230)	37 (34)	30 (30)	6 (4)	●
Classic chicken wrap (no mayo)	1120 (990)	26 (24)	20 (20)	9 (6)	●
Chicken Mediterranean salad (no dress.)	1600 (1150)	9 (8)	28 (28)	26 (15)	●
Chicken garden salad (no dress.)	1100 (630)	9 (8)	23 (23)	12 (1)	●
Spicy rice – regular	1320	69	6	1	●
Couscous – regular	1600	61	11	10	●
Corn on the cob – regular	1230	52	11	5	●
Chips – regular	2100	70	9	21	●

Recent regulatory changes are making it easier to make informed decisions about the foods you select. Any standard food outlet with 50 or more stores nationally is now required to display the kilojoule content of foods on their menu. While the kilojoule content of a food is just one aspect to consider in assessing a foods overall nutritional value, the above ratings suggest it's the lower energy foods at fast food outlets that are better choices. Nando's also has a cheat sheet, with symbols to help you find low fat & protein packed choices. Want more information on the nutritional value of the Nando's range <http://www.nandos.com.au/Nando's%20Nutritional%20and%20Allergen%20Information.pdf>

Overall Nando's is an excellent choice for meals/ snacks that offer an excellent protein punch, with variable amounts of carbs and total energy so you could enjoy a Nando's feed irrespective of your energy needs. On training free days it'd be hard to beat one of the chicken salads (± corn on the cob) while on heavier loading days adding a spicy rice or couscous side to one of the tasty Nando's burgers, wraps or pita's would be a great choice. Enjoy, I know we do!



What's He Eating... Rocky Elsom

Each month we take a closer look at what Australia's best rugby athletes do with their diet to help support their rugby. This month we take a look what's in the fridge of **NSW Waratahs Captain, Rocky Elsom**.

1. What's the most important nutrition tip you've been given during your rugby career?

Eat what you need first and do your best after.

ED NOTE: Short & sweet but on the money. What's key will depend on your specific goals as well as time of day relative to training. If it's a pre-training snack, carbs are key, increasing work capacity. If it's during training, fluid (\pm carbs depending on session duration) should be your focus, while in recovery there needs to be a commitment to restoring fluid & energy levels while also starting the muscle repair process with a hit of protein.

2. How has your eating & drinking changed since you were playing rugby at school?

I drink less and eat more. I prepare most of my meals now.

ED NOTE: Preparing your own meals not only helps to control costs but it puts you in control of your own destiny, knowing exactly what you are eating. Every rugby athlete should have a repertoire of 5-10 different recipes they feel comfortable preparing. Doing up larger serves also means you'll have plenty left over for another day. Make sure you pop them into single serve containers & store immediately, it'll stop you going back for seconds (or thirds)

3. Favourite breakfast during training day?

Poached eggs and shake

ED NOTE: Solid protein hit to start the day, add some grain or rye bread to the eggs for a quality carb top up to support fuelling &/or recovery goals

4. Favourite lunch during training day?

Any slow cooked meat with salad

ED NOTE: Preparation is the key, ensuring you don't leave your most powerful recovery strategy to chance. Leftovers are always a great idea, either as a back-up for lunch when you've run out of sandwich fillings at the back end of the week or a quick dinner when you are short on time the next day. If there is training on in the afternoon, additional fuel food is likely to further enhance energy levels. This can be as simple as adding some potato to the meat

5. Favourite dinner during training?

Steak and salad.

ED NOTE: Any evening meal with a small serve of quality protein rich food for muscle building & recovery, carbs like potato for refuelling (depending on when the last training session was undertaken) & veggies for fighting off free radical damage will always be a winner.

6. Favourite post-training snack?

Coco and egg shake

ED NOTE: An interesting brew but one rich on high quality protein (egg) & antioxidants (coco). We'll have to get the recipe off you

7. What's your favourite meal on the run (i.e. when eating outside the home)?

As above

8. If you were really trying to impress a woman with a home cooked meal, what would you whip up?

I would impress them with my personality.

9. Favourite pre-game meal?

Pasta and avocado

10. Water or sports drink during a game?

300ml of sports drink before. Water during and approximately 150ml sports drink at half time.



What's He Eating... Rocky Elsom

A glimpse into the fridge of Rocky Elsom revealing plenty of fresh fruit & veggies, yoghurt, milk & lean meats. Does your fridge look like this? It should, the food of champions...

As the very best source of vitamins, minerals & anti-oxidants, Rocky knows the value of a meal plan rich in fresh fruit & veggies. In fact, he allocates ½ of his fridge real estate to these nutrient packed foods.



Taking frozen meats out of the freezer & storing in the fridge for the day means you'll come home to defrosted meat at night.

Dairy foods are high in calcium & rich in high quality protein as well as providing valuable amounts of carbs. Milk is an excellent recovery food, supporting fluid, electrolyte, carb & protein needs.

