



## National Performance Nutrition Newsletter

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Rugby Grub - Issue [15]

## Eating Out Survival Tips

Australians are eating out more today than at any other time. Time commitments and other pressures are often used as justification for why people are choosing to eat out more. The increased availability and convenience of both restaurant & fast-food chain dining has meant more and more people are relying on others to prepare the food they eat on a daily basis. For athletes this means putting faith in others to help achieve your fuelling & recovery goals. Given this, it's best that the majority of your weekly meals come from home. This not only helps save you coin but also ensures you're able to take control of your own destiny in regards to your dietary intake, knowing exactly what went into the meal, the quality & freshness of ingredients & the hygiene standards maintained in food preparation. If you are heading out for a meal, use the following tips to help keep you on track...

### 10 Tips for Making Better Food Choices when eating out...

1. Except for special celebrations, treat the meal like you would if eating at home. Use the same thought processes you would at home in deciding on a meal...
  - a. How much do I need to fuel my body for the next training session i.e. how much carbohydrate do I need?
  - b. Does the meal contain a small hit of quality protein?
  - c. Will I get my antioxidant armour i.e. does it contain veggies?
  - d. What do I feel like eating?
2. Don't let yourself arrive at the restaurant over hungry. If you are coming from training, smack down your normal post-training recovery shake or snack & add 1-2 pieces of fruit to carry you over, just in case service is slow.
3. Start the meal with a veggie based entrée like a salad or soup. This will take the edge off your appetite.
4. Does the main come with veggies? If not, ask for a side of your favourite veggies.



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*Christine, Kellie, Kate, Sophy & Gary*



**Take Home Tip...**  
*In these hectic times when everyone is short on time, & socialising with friends is often over a meal, eating out has become more common. If meals outside of the home are common place for you, it's important you don't let your dietary focus lapse. Always peruse the menu & identify meals that will best meet your specific fuelling & recovery needs.*

## Eating Out Survival Tips...

5. Ask for an extra serve of rice or bread rolls if the carbs in the meal don't match your upcoming fuel needs. You're far better off knocking back more clean fuel foods than going into dessert still feeling toey.
6. Be aware of the obvious high (saturated) fat fall downs like the cream based sauces, poor quality meat selection, deep fried choices etc. No matter where you eat, there will be better choices & poorer choices. It's your choice
7. Drink water with your meals. It'll not only help to rehydrate you after training (the process boosted by the salt in the food you eat) but it also helps take the edge off your appetite.
8. Listen to your body. If your stomach is trying to tell you to tap out, it's OK to leave something on your plate.
9. Make fruit based desserts your go to if there's still some free space available after the main.
10. If you do go off the rails a little on occasion, make up for it by eating clean over the rest of the day or into tomorrow.

## Swap it, Don't Stop It... Dairy Desserts

In an effort to curb the ever expanding waistlines of the Aussie population, the Australian Government has started a campaign to encourage people to swap poorer food choices for better ones. Take for example, the dairy desserts in the table below. The best choice for you will depend on your specific nutrition goals.

### Nutrient profile of various yoghurts & dairy desserts per 200 ml tub.

Yoghurt Type	Kilojoules	Protein	Fat	Carbs
Standard flavoured	850	8	6	28
Low fat flavoured	710	9	2	28
Diet	340	8	0	12
Natural	710	11	8	10
Low fat natural	480	13	0	12
Greek	1200	14	8	30
Lite Greek	950	20	1	33
Gourmet flavoured	1100	11	8	41
Custard	860	8	5	32
Low fat Custard	740	9	2	31
Le Rice	910	6	5	37

- Population based studies suggest individuals with higher dairy food intake like yoghurts have lower body fat levels.
- While all yoghurts can provide valuable amounts of key nutrients like protein & calcium, yoghurts can vary markedly in their sugar & fat content, & thus total energy content. Choose the one that best meets your needs.
- Individuals with lactose intolerance can still usually enjoy a tub of yoghurt as a snack. For those who really suffer, lactose free yoghurts are available e.g. Vaalia lactose free yoghurt.
- While yoghurts do contain probiotics which have been shown to enhance GIT function, the amounts are quite small in many brands & may not be sufficient to impact on intestinal function.



## Rugby Grub... Spring is around the corner

Spring has sprung which means it's time to ditch all the winter comfort foods & put the spring back into your meals. As the days get a little longer there's more opportunity to fit more into the day so quick, convenient meals are the order of the day. With couscous, it couldn't get an easier.

### Chicken Couscous Salad

#### Preparation Time

10 minutes

#### Cooking Time

30 minutes

#### Ingredients (serves 4)

- 4 small skinless chicken breasts (600g)
- olive oil cooking spray
- 250g punnet cherry tomatoes, halved
- 1 zucchini, sliced diagonally
- 1 bunch asparagus, trimmed, cut into 4
- 1 1/2 cups couscous
- 1 1/2 cups salt-reduced chicken stock, boiling
- 2 tablespoons sweet chilli sauce



#### Method

1. Preheat oven to 180°C. Line 2 baking trays with baking paper. Heat a non-stick frying pan over medium-high heat. Spray chicken with oil. Season with salt & pepper. Cook for 2 minutes each side or until golden. Remove from frying pan. Place onto a baking tray. Place vegetables onto second baking tray. Spray with oil. Season with salt & pepper. Cover vegetables with foil.
2. Bake chicken & vegetables for 10 minutes. Remove chicken from oven. Cover. Stand for 10 minutes. Increase oven to 220°C. Bake vegetables, uncovered, for a further 10 minutes or until tender.
3. Place couscous into a heatproof bowl. Pour over boiling stock. Cover. Stand for 3 minutes. Stir gently with a fork to separate grains. Place sweet chilli sauce, lime juice, & salt and pepper into a jug. Whisk with a fork until well combined.
4. Toss warm vegetables through couscous. Spoon onto serving plates. Slice chicken & place on top of couscous. Drizzle with chilli lime mixture. Serve.

ANALYSIS per Serve	
Energy kJ	960
Carbohydrate (g)	62
Protein (g)	35
Fat (g)	6

Convenience Impact Factor: ★★★★★

Source: Taste website

*Check out the Taste website for a huge range (>21000) of recipes... [Taste.com.au](http://Taste.com.au)*

*Got a kick butt recipe you want to share? Submit your recipe to Gary at [gary.slater@rugby.com.au](mailto:gary.slater@rugby.com.au)*



## GURU GOSS... ANSWERING YOUR DIETARY CONCERNS

*"After reading the guru goss article about sugary drinks in the last edition of Rugby Grub I've swapped my normal soft drinks for diet varieties like Coke Zero & Pepsi Max. The other day I read an article on the internet that said diet soft drinks can cause cancer so I'm really not sure what to do now. What do you recommend?"*

Congratulations on the swap, you've definitely made a positive move by flicking the soft drinks, juices & cordials; full of calories but none of the important other nutrients essential for rugby athletes. Without question, water is by far & away your best substitute for the sugary drinks. However small amounts of diet soft drinks & cordials are OK to include in your diet on occasion, especially when fluid needs are higher during the summer months. The variety in flavours keeps your taste buds stimulated, meaning you're likely to drink more & thus keep dehydration at bay. There is no evidence that artificial sweeteners cause cancer in humans.

The fear with diet drinks comes from the artificial sweeteners used in place of sugar to flavour the drinks. There is some evidence (albeit in rats) to suggest these intense sweeteners may stimulate your appetite, promoting food intake & unwanted weight gain. They also leave your taste buds craving the intense sweetness they provide. As such, you're best to focus on water day to day, with the strategic use of sports drinks during intense &/or prolonged training sessions & games. When fluid needs are high, feel comfortable with using small amounts of diet cordial to boost the flavor of your drinks but keep the concentration (and thus sweetness) dialed down.

### Diner Directory... Noodle Box

Each month we 'don our favourite cravat' & impersonate Matt Preston (Food critic, Master Chef) by reviewing the food on offer at some of our most widely available eateries. This month we take a look at what's typically on offer at your favourite Noodle Bar.

**Green = good choice**

**Amber = occasional choice**

**Red = poor choice**

Menu Item	Energy (kJ)	Carbs (g)	Protein (g)	Fat (g)	Rating
Pad Thai	5300	181	54	36	●
Sweet Chili Chicken	3700	121	49	19	●
Beef & Black bean	3900	130	45	22	●
Thai Beef Salad	2700	55	60	4	●
Spring Rolls	1200	31	5	16	●
Prawn crackers	600	15	0	10	●

**All servings are for a large box serve; choosing the small serve reduces all nutrients, including energy intake by ~40%.**

Unfortunately there's not a whole lot of green light action likely at your local Noodle Box.

**Recent regulatory changes are making it easier to make informed decisions about the foods you select. Any 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.**

Want more information on the nutritional value of a wide range of Aussie foods, including those available through supermarkets as well as 'fast food outlets', check out Calorie King... <http://www.calorieking.com.au/>



## What's He Eating...George Gregan

Each month we take a closer look at what Australia's best rugby people do with their diet to help support their rugby. This month we take a look what's in the fridge of **George Gregan, our most capped Wallaby & one of the most professional athletes we've worked with before.**

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

After training/playing take on some quality carbohydrates, protein & fluid in the important '30 minute' window. This aids the recovery process.

*ED NOTE: With the hype around compression gear & hydrotherapies athletes can often forget the critical role played by diet in recovery. When recovery time between sessions is <8h, timing of intake becomes critical. Always pack a recovery snack to take advantage of the recovery window.*

### 2. How has advice on nutrition for rugby changed across the period of your rugby career?

I think there has been an increased education on the importance of protein to aid muscle growth & maintenance. Everyone walks around now with a protein shaker!

*ED NOTE: Agreed, that's probably a combination of our understanding of the importance of protein in the recovery process & very clever marketing on behalf of supplement companies. As a general rule of thumb, aim for a small hit of protein at each meal & snack throughout the day, including the post-training snack. That could be convenient dairy based snacks like low fat flavoured milks & yoghurts, a bread roll with lean meat, cheese & salad, or a whey based protein shake.*

### 3. Favourite breakfast when on tour?

A quality Muesli with natural yoghurt and fresh fruit. Always washed down with at least 2 Macchiato's!

*ED NOTE: Apart from the kick in the arse a morning coffee provides, recent research suggests there may be numerous health benefits associated with moderate amounts of coffee intake.*

### 4. Favourite lunch when on tour?

Probably in France when you can get great bread and all you need is some ham, cheese and salad.

### 5. Favourite dinner when on tour?

A good Italian restaurant with Fresh pasta & authentic Wood-fired pizzas.

*ED NOTE: Great thing about traditional Italian pizzas is they aren't overflowing with high fat toppings.*

### 6. Favourite recovery snack?

I like Trail Mix with a quality milk chocolate - high in protein & complex carbs...haha

*ED NOTE: George is on the money again. Flavoured milks tick off lots of our nutrition recovery goals, providing valuable amounts of high quality protein, carbs, fluid & electrolytes. In fact a flavoured milk has more electrolytes for rehydration than a sports drink. What's more, they taste great too which can be a real bonus especially after hard training sessions that take away your appetite.*

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

I like grabbing a quality salad roll or a wrap with chicken or ham.

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

A simple pasta dish like an authentic carbonara using white wine with a simple green salad. Affogato for dessert - Vanilla bean ice cream & a shot of espresso.

*See over page for more on the interview with George...*



## What's He Eating... George Gregan

### 9. Favourite pre-game meal?

I loved stir-fry's on a bed of rice or rice noodles. Always finished with a nice selection of fruits.

### 10. Water or sports drink during a game?

Combination.

*ED NOTE: Both the sports drink & water contribute to maintaining hydration while the sports drink gets fuel to the muscles when they need it most.*

### 11. Key message for athletes making the transition from full-time as an athlete to retirement?

Keep up your habit and discipline of training but choose the things you like doing. For example I don't run anymore but I enjoy mountain biking which maintains my aerobic base.

### 12. Many athletes will eat out at a coffee shop for breaky, a mid-meal snack or lunch? What recommendations would you make for selecting options that fit with a performance lifestyle?

At a coffee shop order a quality sandwich or hot meal that may have rice or pasta as a base. Freshly squeezed juices are always a good option as well as a fruit salad if available. Always finish off with a Macchiato!

### 13. Where's the best coffee in Sydney?

Good question and before I plug our cafe's I'll pass on this bit of sage advice. A good machine and Barista is the key to a good coffee and it requires lots of training to become one. We are spoilt in this country with choice but GG Espresso is always solid!

**George's GG Espresso Bars are located all over Sydney.**

