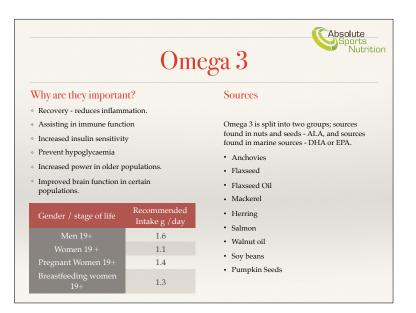
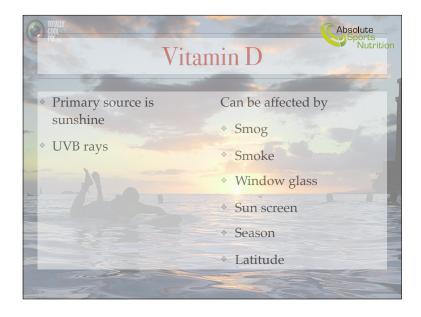
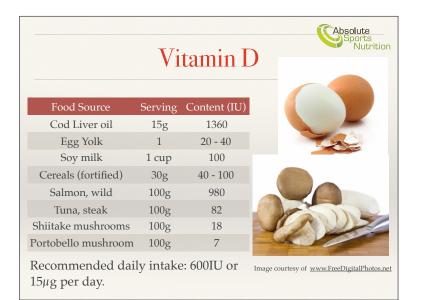
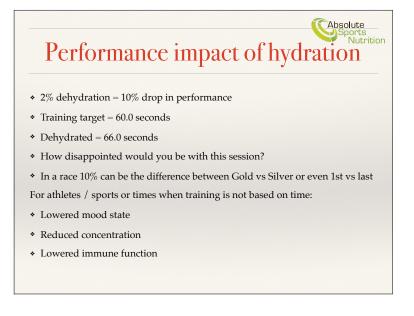


		Calci	um		Absolute Sports Nutrition
• Vital	ital for bone formation and		Table 1. Recommended intake of		
 Vital for bone formation and metabolism. Ensures strong bones from young until old age. A lack of calcium can cause things from broken bones to rickets. 		Female Males Males / Males /	/ stage of s 11 - 18 11 - 18 Females Females g women	mg /day 800 1000 700 700 1250	
	Tal	ble 2. Calciu	m source	s	
		Serving S		Calcium Co	ontent (mg)
	Cabbage	1 cup		15	58
	Tofu (firm)	1/2 cuj	2	86	51
	Soy milk	1 cup		36	58
	Cows milk	1 cup		30	06
	Cheddar Cheese	30g		20)4
	Mozzarella	30g		20)7
	Sardines, canned	100g		38	32



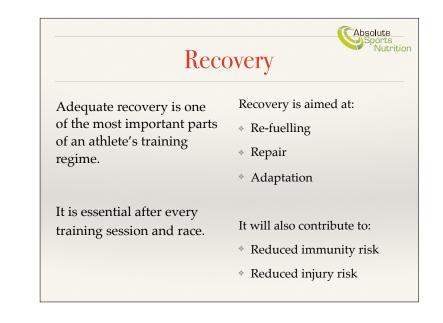




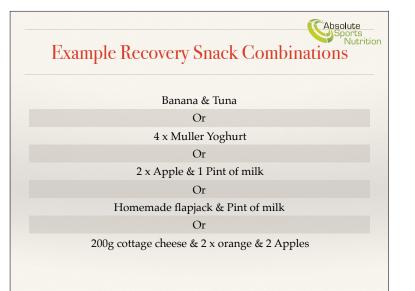


Staying Hydrated				
Pre	During	Post		
Water / Flavoured water S	Sports Drinks (>1.5 hrs)	Water / Flavoured water		
Fruit Juice (1-2hrs before)	Squash	Fruit Juice (1-2hrs before)		
Squash	Water	Squash		
Milk		Milk		

- Drink 2 5 litres per day (including water, cordial, tea, coffee etc.)
- Drink 750ml per hour when training (may change due to adaptations in athletes to regulate body heat - e.g. swimmers)
- * Sip throughout the day, don't drink large quantities in one go.



Post-Training 30 minute window Include: fast absorbed carbohydrate high quality protein. Recommendations: Carbohydrates: Approx. 50-70g. Protein: Approx. 20-30g. Avoid high fat foods



So what does a day look like				
Pre am training breakfast	Lizis Original Granola with whole milk			
Post Training snack	2 x Apple with 1 pint of milk			
Second breakfast	2 x Oats So Simple original			
Snack (am)	2 slices (1cm) Soreen with 10 cashew nuts			
Lunch	Chicken Pasta Salad (Homemade)			
Pre Training Snack (pm)	52g Flapjack (Basic) with 125g whole milk yoghurt			
During training	Cordial / Water			
Post Training (pm)	3 x medium Bananas with 1 pint milk			
Dinner (pm)	1 fillet: Balsamic-glazed Salmon Fillets with 2 or 3 vegetable portions, 160g basmati rice			
Pre-bed snack	Pudding rice canned (375g)			



Competition day snacks					
Carbohydrate foods	Protein Snacks	Others			
Ryveta	Nut butters	Ground flaxseeds / chia seeds			
9 bars	Nuts / Trail mix	Cinnamon			
Rice cakes	Beef Jerky	Honey (individual sachets)			

Marmite

Individual jam sachet

Flask for boiled water

Zip lock bags

Cordial / Robinsons Squash'd

Tupperware tub http://tinyurl.com/gqdlvjf http://tinyurl.com/ha65g9e

http://tinyurl.com/gms8lac

Plastic knife and fork

Washing up wand

Tinned tuna (no drain)

Tinned mackerel / sardines

Powdered Milk / Skimmed milk

Portion sized nut and seed tubes

(https://wyldsson.com/products)

Flapjacks

Dried Fruit

hk8ctbk)

Instant oats / Porridge pots*

John West Steam Pot (http://

Couscous pot* (http://tinyurl.com/

Soup Pots* (http://tinyurl.com/ gvt4le2)

Merchant Gourmet Ready to Eat

snack pots (http://tinyurl.com/ zkvjhv5)

grains (http://tinyurl.com/hpmt772) Merchant Gourmet Ready to Eat

tinyurl.com/jsen88h)*

•]	British Dietetic Association: <u>www.bda.uk.com</u>
۵ <u>۱</u>	Sport and Exercise Nutrition Register: <u>www.senr.org.uk</u>
۰.	Association for nutrition: <u>www.associationfornutrition.org</u>
<u>ه :</u>	Precision Nutrition: <u>www.precisionnutrition.com</u>
> .	AIS: <u>www.ausport.gov.au/ais/nutrition</u>

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