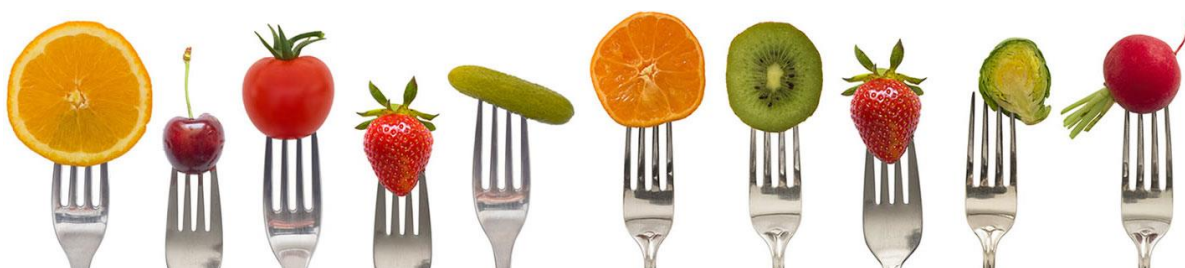


Food First

Making Informed Nutritional Choices



Welcome to the Food First Initiative from sportscotland Institute of Sport

This three-part education programme has been compiled to help support you as an athlete to make informed decisions around your nutrition choices. We would like you to consider your nutrition as important as your training and equipment. Optimising your nutrition allows you to maximise your adaptations to training and gives you the opportunity to improve your performance. This food first approach should help you specifically around pre and post training/competition nutrition. Make every meal count!

Don't forget that many anti-doping rule violations (ADRVs) have been associated with supplement use. Also, contamination rates of nutritional supplements remain high.

That is why it is so important you:

ASSESS THE NEED

ASSESS THE RISK

ASSESS THE CONSEQUENCE

To help you do this use the flow diagram included at the end of this booklet.

Food First 2 – Making informed nutrition choices

Strict Liability – Your body, your responsibility. An anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in the bodily specimen of an athlete. Whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault is irrelevant.

100% ME – A symbol for clean athletes to show their effort, commitment and

determination to perform at the highest level, without a need to enhance performance through doping.

Values of 100% ME

Integrity Hard Work Determination Respect Passion

Food Alternatives

On the left are some examples of supplements (always ADRV risk) and on the right some food alternative to eat instead.



Protein shake



Yogurts with high protein content

Basic smoothie

Ingredients:

- ½-1 cup milk or fluid alternative (juice or water)
- ½-1 cup fruit (best if frozen)
- 1 teaspoon vanilla essence (optional)



Additions which can boost different nutrients:

Carbohydrates:

- ½ tablespoon honey
- ¼ cup oats
- 1 banana



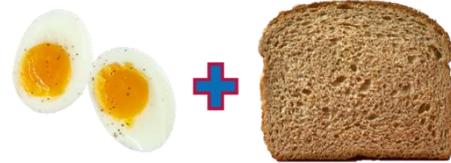
Healthy fats:

- ¼ cup nuts or seeds
- 1 tablespoon peanut butter
- ¼ - ½ avocado

Protein:

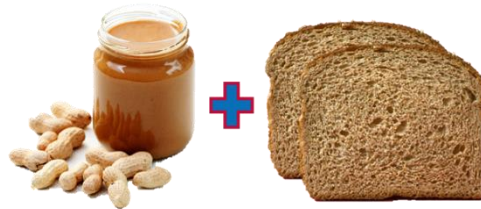
- 1 tablespoon skimmed milk powder
- ½ cup 0% fat high protein yoghurt
- 1 tablespoon Ovaltine





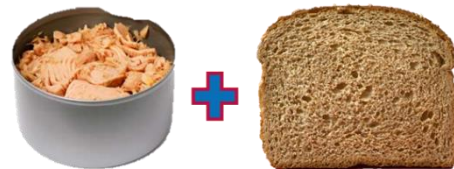
1 egg

1 slice of bread



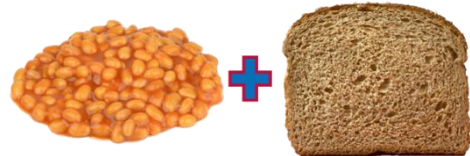
20 g peanut butter

2 slices of bread



1 can of tuna

1 slice of bread



200 g baked beans

1 slice of bread



Protein bar



Supplement breakfast mix



½ cup oats

200 mL semi-skimmed milk

25 g skimmed milk powder



½ cup oats

25 g skimmed milk powder

Water



1 instant oat pot (55 g)

Food First 3 – Applying informed nutrition choices

Ten Anti-Doping Rule Violations:

1. Presence of banned substance in sample
2. Use of a banned substance or method
3. Refusal to give a sample
4. Failure to give accurate Whereabouts on time
5. Tampering with any part of doping control
6. Possession
7. Trafficking
8. Administration of banned substance, aiding, abetting or covering up an ADRV
9. Complicity
10. Prohibited Association

Consider the consequences of committing an ADRV

The impact of committing an ADRV is huge and spreads to all areas of your life. You have to ask yourself – is it worth the risk?

By committing an ADRV you run the risk of the following:

- ⊗ Cut off from friends
- ⊗ Loss of titles and/or medals
- ⊗ Damaged reputation
- ⊗ Cut off from sport
- ⊗ Missed opportunities
- ⊗ Loss of income
- ⊗ Impact on family and friends

Smoothie recipes

Pre-training homemade banana choc smoothie

Ingredients:

- ½ cup skimmed milk
- 1 banana
- 1 tablespoon chocolate Ovaltine
- 1 tablespoon honey

Carbohydrate	53 g
Protein	7 g
Fat	1 g



Post-training homemade berry smoothie

Ingredients:

- ½ cup skimmed milk
- 1 banana
- 1 tablespoon skimmed milk powder
- ½ cup low fat Greek yoghurt

Carbohydrate	43 g
Protein	24 g
Fat	0.6 g



Some recovery food alternatives

Brand/Food	Name/description of product	Calories (kcal) per serve	CHO (g)	Protein (g)
Milk	Skimmed milk (1 pint)	215	28	19
Nesquik powder & milk	400 mL skimmed milk mixed with Nesquik powder	171	50	14
For Goodness Shakes	Sport recovery 3:1	266-315	51	17
Tesco's flavoured milk	500 mL strawberry	325	47.5	20
Yazoo	2 x 200 mL bottles long life until opened	280	40	13.2
Natural yoghurt	400 g of Tesco's value natural yoghurt	250	29	20
Quaker	Porridge oats (with skimmed milk)	291 (365)	38 (48)	8 (15)
Breakfast cereal with milk	60 g bowl of branded cereal and 250 mL skimmed milk	325	58	18
Bread & cottage cheese, & pot of yoghurt	60 g (typical in sandwich) with 2 thick sliced wholemeal bread & 120 g pot of yoghurt	373	54.5	18.4
Tuna sandwich & pot of yoghurt	½ can tuna with 2 thick sliced wholemeal bread & 120 g pot of yoghurt	368	49	29.7
Tuna and baked potato	Medium jacket potato & tin tuna	366	52	36

Brand/Food	Name/description of product	Calories (kcal) per serve	CHO (g)	Protein (g)
Egg and toast & 200 mL glass of orange juice	2 medium eggs (boiled, poached or scrambled) with 2 x thick bread toast	465	50.2	24
Beans on toast	½ can/200 g branded baked beans & 2 thick slice toast	364	59	19
Mackerel in pitta bread & large banana	120 g tinned mackerel in tomato sauce & 1 x pitta bread	500	62	25
Pasta & tuna	70 g cooked pasta & ½ tin tuna plus small tablespoon of light mayo	340	51	24
Fish/meat	170 g fish/meat serve	171 – 450	-	35-40
Whole eggs	100 g (2 small-medium eggs)	151	-	12.5

Further information

- ✓ 100%ME Clean Sport Toolkit
- ✓ 100%ME Clean Sport card
- ✓ www.ukad.org.uk
- ✓ www.informed-sport.com
- ✓ Sports Doctor
- ✓ Accredited Registered Dietitian