

FOOD AND HYDRATION

Fuels for sport

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Water

The body is constantly losing water. In fact, 75% of the energy produced by muscles is dissipated in the form of heat, and sweating is the body's only means of cooling itself

Protein loss

Physical effort results in protein loss due to the breakdown of muscle cells. A sedentary person's protein requirements are roughly double those of a sportsman or woman

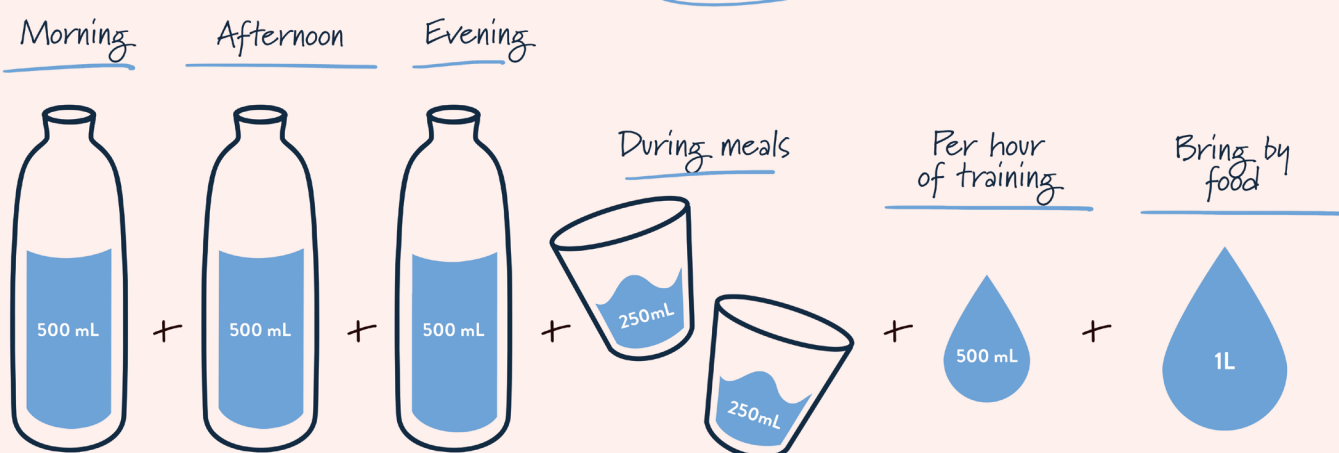
Lipid reserves

Lipid reserves, also useful for energy, are more mobilized during prolonged efforts

Muscle glycogen

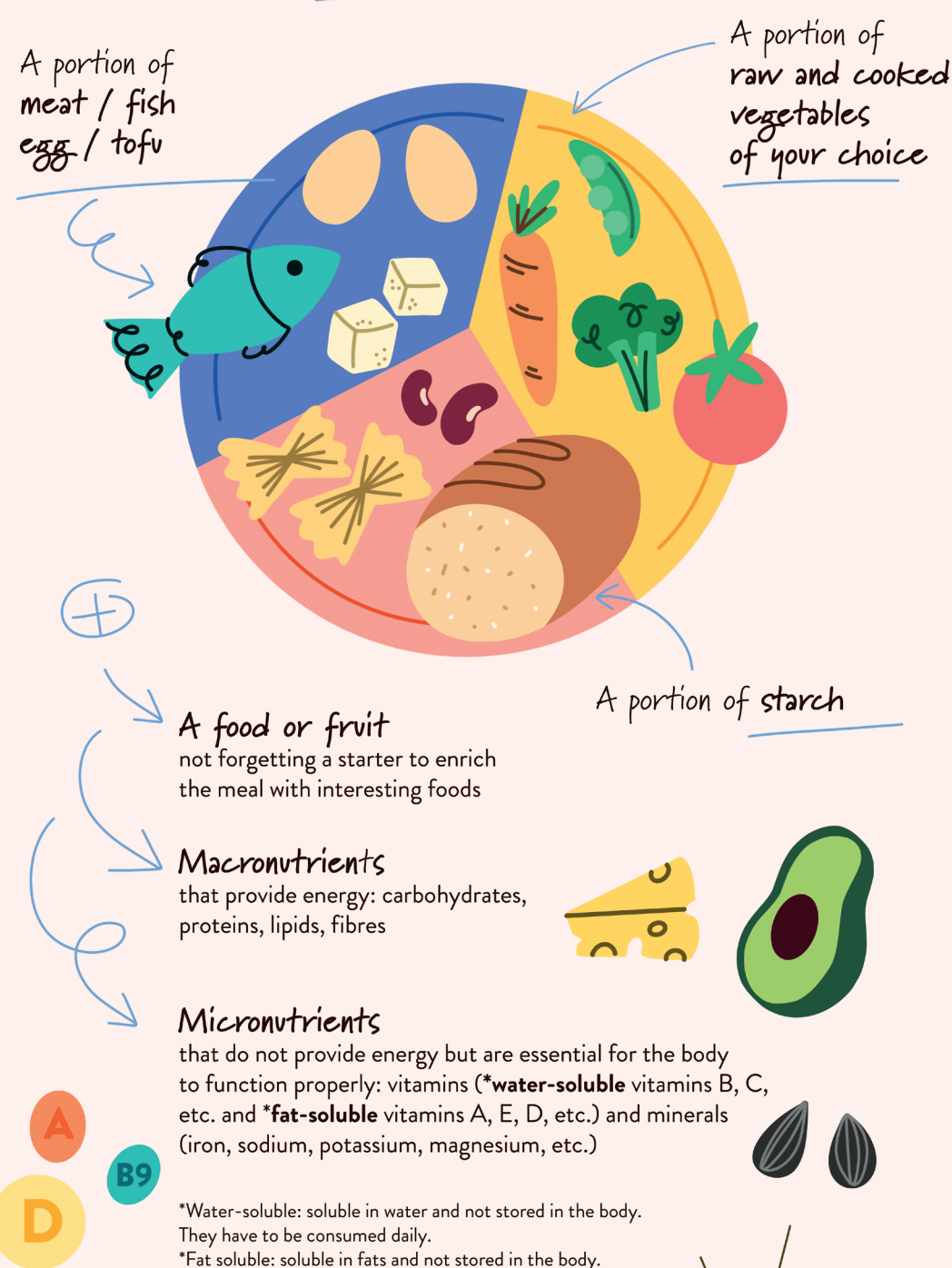
Sport, especially over long periods, also depletes muscle glycogen

HYDRATION IS ESSENTIAL



When you're doing sport, you need a lot of water. It's advisable to drink 500ml of water for every hour of physical activity, and at least 1.5L when you're not exercising, and throughout the day. **Insufficient hydration has a negative impact on physical and cognitive performance**

THE IDEAL PLATE FOR PERFORMANCE



ADVICE FROM A DIETICIAN AT THE FRENCH INSTITUTE OF SPORT

Nutrition as a percentage of efficiency for athletes: **80% on the plate, 19% for pre- and post-training and competition strategies, and only 1% for supplements** (EN 17444-approved products).

Food supplements should never replace a natural diet. However, their practicality can sometimes be an advantage in a dietary strategy.

BEST PRACTICES OF EUROPEAN PARTNERS

The Böson sports center (Sweden) is planning to create a home page on its website with information on nutrition. It is aimed at the general public and top-level athletes who come to train at the center.

The Centro de Alto Rendimiento do Jamor sports center (Portugal) has a nutrition service for its top-level athletes, where nutritionists draw up tailor-made nutrition plans, provide nutrition courses and ensure the quality of meals offered in their canteen. The nutritionists also give advice to the general public who visit their center.

Spain's Centro de Alto Sant Cugat sports center (Spain) is currently implementing a new nutrition project based on artificial intelligence. Meals served at the center's restaurant will be scanned if the athlete so wishes. The aim is to record the various dishes served to top-level athletes, so as to be able to provide them with the best possible daily support

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Do's

- ✓ Eat breakfast before physical effort, preferably with a delay in digestion
- ✓ Make sure you eat within an hour of sporting activity to promote recovery, in the form of a meal or snack based on dairy products and fruit
- ✓ Treat yourself without feeling guilty! Indispensable for establishing a healthy eating pattern that lasts over time (focus on quality rather than quantity)



Don'ts

- ✗ Avoid eating just before doing sport, or simply eat a snack (cereal bar or fruit)
- ✗ Do not eat spicy foods before exercise (risk of heartburn, reflux, etc.)
- ✗ Eating too much repeatedly, abusing certain foods (especially fatty and sweet ones) and consuming processed products