THE EATWELL GUIDE

Use the eatwell guide to help you get the balance right.
It shows how much of what you eat should come from each food group.

Water, lower fat, milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

Guideline Daily Amount Values				
Typical values	**Women**	**Men**	**Females** (aged 11 - 14)	**Males** (aged 11 - 14)
Calories	2,000kcal	2,500kcal	2,000kcal	2,500kcal
Protein	45g	55g	41.2g	41.2g
Carbohydrate (at least)	267g	333g	267g	333g
Free sugars (less than)	27g	33g	27g	33g
Fat (less than)	78g	97g	78g	97g
Saturates (less than)	24g	31g	24g	31g
Fibre	30g	30g	25g	25g
Salt (less than)	6g	6g	6g	6g

RESPECT YOURSELF – RECIPE CARD

Use the Eatwell guide to design a meal for yourself before a busy day. You must ensure the meal is balanced and reflects your activity levels for your day. Select your ingredients and note down the cooking process on the recipe card provided. Make sure to fill out all aspects of the recipe card, so that your recipe is complete. Why not have a go at cooking this meal together with your family/friends?

Name of Dish:

Chefs:

Prep Time: Cook Time: Oven Temp:

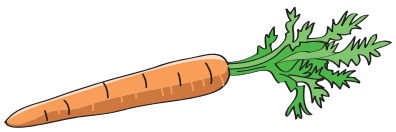
DIRECTIONS

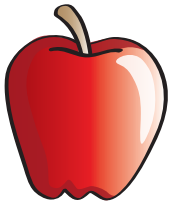
INGREDIENTS

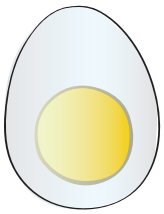
After completing your recipe, answer the questions below.

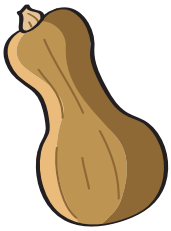
- How did you consider your activity levels when designing your meal?
- What advice would you give a young person who said they wanted to eat more healthily?
- How does eating well connect to the value of respect?

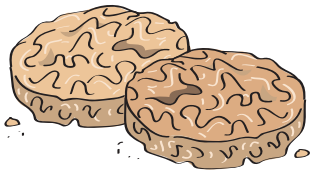
RESPECT YOURSELF CARDS

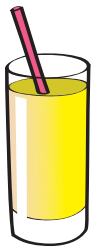


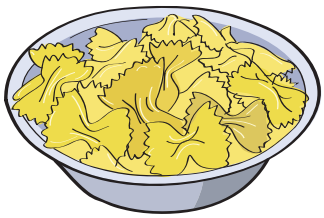


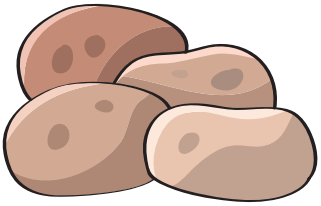












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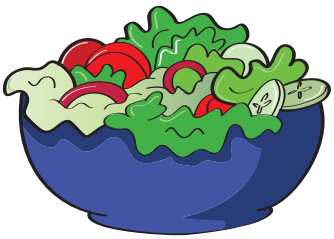

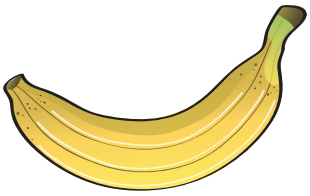

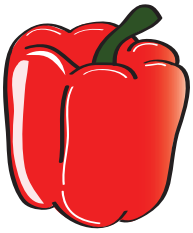

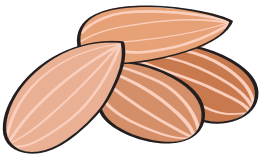

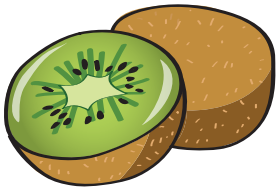

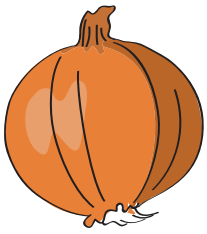

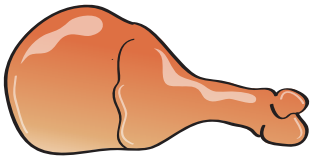

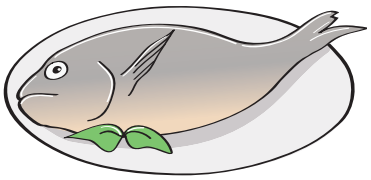

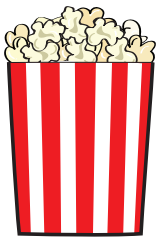

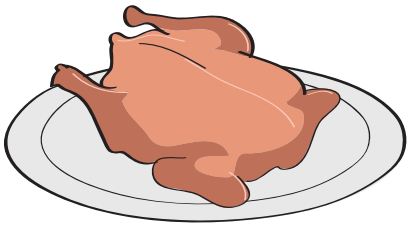

RESPECT YOURSELF CARDS

Carbohydrates

Vitamins

Protein

Minerals

Fats

TEACHER SUPPORT SHEET (FOOD CATEGORIES)

Nutrients/general	Fruit	Vegetables	Protein	Carbohydrates	Sugars/fats/ confectionary
Fats	Raisins	Butternut squash	Turkey	Rice	Popcorn
Carbohydrates	Orange juice	Salad	Fish	Pasta	Rice cakes
Protein	Kiwi	Carrots	Chicken	Potatoes	Cake
Water	Banana	Peppers	Peanut butter		Chocolate
Vitamins	Apples	Onion	Eggs		Crisps
Minerals	Banana smoothie	Broccoli	Milk		Cola
		Peas	Nuts		

Information Sheet

Vary your fuel

Energy and Variation

When considering food choices, it can be helpful to think in terms of energy in and energy out. It is recommended that, within a healthy diet, an adult man needs about 2,500 calories a day and a woman needs about 2,000 calories. However, this can vary due to age, metabolism, growth and activity level. In making food choices you should consider what you have done – what you are recovering from – and remember that eating a variety of foods from each food group enables your body and immune system to secure the nutrients it requires. Whatever dietary needs you have, you can still find ways to vary you diet – whether varying protein through tofu, nuts and beans, or meat, dairy and fish. Remember that human beings historically sourced food as hunter gatherers with a highly varied diet – aim to vary your fuel!

Recovery recipe: refuel, rebuild, repair, rehydrate.

Simple recovery foods and snacks after exercise should refuel, rebuild, repair and rehydrate. For best effects consume within 20–30 mins of intensive exercise.

Banana and a glass of (chocolate) milk

Milk is a great source of protein to rebuild muscle (whole milk is best), and carbohydrates to refuel energy levels. It will also help you to rehydrate. A banana will provide further carbohydrates for energy and help the body to absorb protein, alongside vitamins to repair the immune system.

Other recovery snacks

- Natural yoghurt, oats and berries (frozen or fresh)
- Nuts, seeds and dried fruit / homemade nutty flapjack
- Chicken salad sandwich
- Peanut butter and jam on toast

(remember to also always rehydrate)

Food first

Knowing that natural foods can provide all the bodies requirements wherever possible, many professional athletes avoid artificial dietary supplements.

For instance, gold medallists and world-record-breaking swimmers Adam Peaty and Ellie Simmonds are known for promoting a food - first approach and seeking natural sources whenever they can for the fuel they need to compete.

Rehydrate

Hydration is easily overlooked, but choosing healthy drinks is an important part of a balanced diet.

Dehydration has several negative effects – such as premature fatigue (getting tired quickly), poor attention, reduced reaction times and increased risk of illness – so it is recommended we drink six to eight glasses (1.2 litres) of fluid a day. As many drinks are high in sugar and add to your calorie intake without filling you up, water provides a cheap, no-sugar option both in sport and daily life.

Hydration talk

Some sports drinks provide 'isotonic' or 'hypertonic' hydration, but what do these terms actually mean?

- **Hypotonic drinks** have low salt and sugar levels.
- **Isotonic drinks** have similar levels of salt and sugar to the human body.
- **Hypertonic drinks** contain higher salt and sugars levels than found naturally in the body.

Higher sugar drinks can be used during high-intensity endurance exercise to quickly replace the salts and sugars lost in sweat, but in most circumstances, food taken to **refuel** can provide the energy and sugars the body requires.

Supplements: making your choice

UK Anti-Doping (UKAD) strongly promotes a 'food first' approach to nutrition. This is supported by many important organisations, including the Sports Exercise and Nutrition Register (which accredits sports and exercise nutritionists). UKAD emphasises that athletes of every level should consider the necessity, risk and potential consequences of supplement use.

- **Assess the need –** decisions should be performance / health led, not a response to marketing.
- **Assess the risk –** is the supplement batch-tested for contaminants? Reported rates of nutritional supplements contaminated with substances banned for athletes sits around 10-25%.
- **Assess the consequences –** even in cases of inadvertent doping, athletes will face bans from sport, loss of income and reputation, and a negative impact on their friends and family.

Sources

Prof. Graeme L Close, Michael Naylor and Irene Riach et al, 'Supplement use in Sport Position Statement', Sports and Exercise Nutrition Register (SENr) (August 2016)

Uk Anti-Doping (UKAD), 'Supplements and the Risks',
www.ukad.org.uk/education/athletes/performance/supplements

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Information Sheet

Tailor your recovery

Top five recovery methods

What are you recovering from? General tiredness, training injuries or life in general? Muscle soreness from high-intensity training? Muscle fatigue from endurance training? Each situation requires different recovery strategies. However, whether recovering from an intense work out or daily life, there are five clear strategies for recovery.

- **Sleep:** the best recovery strategy of all. Aim for both a good quality and quantity of sleep.
- **Nutrition:** refuel, rebuild, repair, rehydrate (choosing 'food first' rather than supplements)
- **Balanced work and rest cycles:** avoid spikes in daily 'load' (school, sport, growth, illness, relationships, travel etc.) and, when training, allow yourself time for fitness adaption.
- **Warm up and active cool down:** a good warm up can lead to improved performance during a session, and better recovery afterwards. An active cool down will help the body to reset.
- **A healthy emotional state:** you won't recover well if you are stressed – and remember, sport is not just for competition, it can also help to relieve stress and anxiety.

Sleep tight

Sleep is the best recovery strategy for many situations. It is recommended that young people sleep for at least eight to nine hours a night. For those who struggle to sleep, there are several 'sleep hygiene' tips that can help you to establish and maintain healthy sleeping habits.

A consistent routine helps prepare the body for sleep. Keep a fixed bedtime (avoiding weekend lie-in that can create a 'jet lag' effect on Monday mornings) and set aside time to wind down – gentle stretching, performing breathing exercises, reading, or writing a 'to do' list for the next day can help clear your mind for sleep. The space you create for sleep is also important. A sleep friendly bedroom is dark, cool (18°C–24°C) and free of distractions (keep work, entertainment, screens and food elsewhere).

You can also build good sleep habits during the day. Cutting caffeine, particularly in the four hours before bed, enjoying plenty of natural light during the day and exercising regularly (but avoiding intense exercise in the two hours before bed) will also help secure a good night's sleep.

If struggling to sleep, don't stare at the ceiling for hours, follow the '20-minute rule'. After 20 minutes, get up, leave your bedroom, brush your teeth or grab a glass of water, jot down any worries and try again.

Recovery fuel: the four 'Rs'

- **Refuel** energy spent with carbohydrates.
- **Rebuild** muscle and bone damage with protein- and calcium-rich foods.
- **Repair** the immune system with fruits and vegetables.
- **Rehydrate** with water or other low-sugar drinks.

Recovery foods are best consumed within 20–30 minutes of intensive exercise.

Take time to recover

When consistently implementing the 'top five' recovery strategies above, athletes sometimes use additional strategies (e.g. ice baths or compression garments) to speed recovery.

Is it necessary?

Evidence shows that natural recovery from exercise is crucial for fitness adaptions, and that unnaturally speeding recovery can actually reduce the resulting fitness gains. During certain scenarios, for example during the busy phase of a competition, aiming to speed up recovery could be justified.

However, in most cases, the 'top five' recovery strategies should be sufficient for recovery within 48 hours, and will produce the maximum fitness gains.

Additional recovery strategies

- **Stretching:** can aid mobility and mental relaxation.
- **Massage:** gives an improved perception of recovery.
- **Water immersion (cold or hot bath):** can help recovery from severe muscle damage/ soreness (but possibly at expense of fitness adaptions).

Sources

Howatson et al, BASES Expert statement (2016)

Doug Rohrer and Hal Pashler, 'Back to School: Cramming Doesn't Work in the Long Run', **www.psychologicalscience.org/news/releases/back-to-school-cramming-doesnt-work-in-the-long-run.html** (2007)

Tom Stafford, 'Memory: why cramming for tests often fails', BBC Future, **www.bbc.com/future/story/20140917-the-worst-way-to-learn** (2014)

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Information Sheet

Maintain your healthy habits

Building resilience

Daily activities – school work, hobbies, relationships – can all causes different levels of 'load' (or stress) in your life. Trying to build healthy habits, or make changes to your routine, can cause additional 'load' and affect your feeling of balance, whether instantly or over time. Working to reduce the impact, or stress, caused by such load is sometimes called 'emotional resilience'. This resilience is not a matter of personality, but rather a state that everyone can work towards.

Building resilience involves **balancing the load** faced every day, week, or month. Find time for a variety of activities – meeting friends, following interests or hobbies, and exercising – but remember to take time to relax. When you're under a lot of stress, don't be afraid to **take a break.**

Similarly, when trying to establish a new habit, it is important not to lose heart after one misstep. Building healthy habits is an **ongoing journey,** a few steps out of place won't throw you off course unless you stop. Research suggests it takes an average of 66 days to build a new habit, so don't feel disheartened by slow progress or the odd slip. Keep a note of **daily (or weekly) positives.** It can be hard to see small improvements when measuring against a big goal, or when finding a new routine tough, so regularly noting small achievements can help you to look back and realise how far you've come. If you come across a bigger issue, try to **reframe the problem,** reach out to **support networks** and look for what you can learn from the experience. If you are trying to get fit, but not enjoying jogging, perhaps there's another activity you would love? Experiment and tailor your plans for your body and interests – dream big, but set goals that are **achievable** and fun.

Overall, keep a **healthy body** for a healthy mind. Remember to eat well, exercise and get a good amount of sleep to ensure you are fuelled, recovered and ready to go.

It's my decision – no quick fixes

A healthy, balanced lifestyle is maintained by a continuing determination to make good choices. It is an individual, ongoing process, not a quick fix.

The importance of individual choices does not mean that group culture is unimportant for building healthy habits. As individuals, we have an ability to contribute to a healthy and supportive group culture, and we should speak out when we see problems. However, it is important to remember that you have control over your health, habits and training. Ensure you have the power to make informed, healthy decisions.

Under pressure

Maintaining healthy habits can be hard when under pressure. Athletes have been found to be vulnerable to doping situations when undergoing injury, a change of club or team, a change in their sporting level, or competition failure. Similarly, a beginner jogger may get out of a good habit when hurt, or find it difficult to cope with peer pressure, changing habits, or perceived failure. At any level, identifying these pressures (with your support network) can help you to develop coping mechanisms that will allow you to remain resilient and find success.

Quick fix facts

Energy drinks can lead to caffeine overdose, type 2 diabetes (due to high sugar levels), poor dental health and potentially a dependence on other harmful substances.

Skipping meals can result in tiredness, missing out on essential nutrients and increasing your likelihood to snack on high-fat and high-sugar foods (which could lead to weight gain).

It's my decision – clean sport

Athletes at all levels must accept the principle of Strict Liability. This means that athletes are solely responsible for any prohibited substance found in their system, whether or not it was their intention to cheat. Athletes should make their influencers (coaches, family, friends) aware of the risks of doping. However, regardless of advice or accidental ingestion, if a banned substance is found in their body, it's their responsibility.

Sources

Phillippa Lally, 'How are habits formed: Modelling habit formation in the real world', European Journal of Social Psychology (2009)

NHS UK, '10 weight loss myths' **www.nhs.uk/live-well/healthy-weight/ten-weight-loss-myths (2015)**

NHS UK, 'Warnings issued over energy drinks' **www.nhs.uk/news/food-and-diet/warnings-issued-over-energy-drinks** (2014)

UK Anti-Doping (UKAD), 'Your Part in Clean Sport', **www.ukad.org.uk/education/athletes/performance-development/your-part**

UK Anti-Doping (UKAD), '100% Me', **www.ukad.org.uk/education/athletes/100percentme**

World Anti-Doping Agency (WADA), Anti-doping social science research **www.wada-ama.org/en/social-science-research** (2018)

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