



## **Divers can improve their performance with a ‘Well Balanced Diet’**

### **What divers need:**

Divers require a lean and well muscled physique because this body composition helps to provide increased mechanical efficiency, increased power to weight ratio and is aesthetically pleasing to judges.

And Divers need to train for strength, conditioning, core work and skills.

To help achieve this body composition and to help train effectively divers need a ‘Well Balanced Diet’.

A ‘Well Balanced Diet’ will help to improve:

- Hydration
- Bones health
- The fuelling of the body, over time, supplying energy
- The immune function
- Recovery after training
- Muscular adaptation
- Injury prevention

A ‘Well Balanced Diet’ will therefore enhance performance during training and competitions.

# What is a 'Well Balanced Diet'?

Divers need to eat a healthy balance of:

- **Complex carbohydrates** eg wholemeal bread, rice, pasta, potatoes, vegetables . Eat a limited amount of **Simple Carbohydrates** eg sweets, jam, fruit sugars
- **Protein** eg Lean meat, fish, milk, yogurt, cheese, nuts, beans
- **Fat** – good '**unsaturated fats**' eg avocado, nuts, seeds, olive oil, oily fish. Eat a limited amount of '**saturated fats**' eg processed meats (sausages), cream, chocolate, crisps, take-aways, pastries, pies
- **Vitamins and Minerals.** They can be found in:
  - A – dairy , fish, green leafy vegetables
  - B6 – cereals, bananas, protein rich food
  - B12 – animal protein
  - C – citrus fruits, berries, red peppers, green veg
  - D – fortified cereals and milk
  - Calcium – milk, cheese, yogurt, soy foods, oily fish
  - Iron – red meat, green leafy veg, fortified cereals, seeds
- **Water** - drink plenty even if you are not thirsty. Pool training suppresses the feelings of thirst

## When to eat?

### A. Pre-training nutrition prior to evening training sessions:

Breakfast – eg *Eat one of these:*

- Porridge with dried fruit
- Fruit and yoghurt
- 2 slices of wholemeal toast with marmite, jam or honey

Mid morning snack – eg *eat one of these:*

- Cereal bar eg Nature Valley or Jordans
- 1 apple
- Rice cake with honey, marmite or ham

Lunch – *eg eat one of these:*

- Sandwich with lean meat and salad with fruit/fruit juice
- Scrambled egg on 1 slice of toast with lots of spinach
- Grilled chicken/prawn salad with couscous

Mid afternoon snack (2-3 hours pre training) – *eg have one of these to maintain your glucose levels:*

- 1 Banana
- Fruit and nut mix
- 250ml Lucozade Lite

## **B. During Training**

- More than one hour before training – Water and carbohydrate eg few sweets, Lucozade Lite or make your own hypotonic drink (1 litre water, 200ml juice and a pinch of salt)
- Less than one hour – water.

## **C. After training – Recovery foods are needed to feed our muscles and to enable training adaptation**

- High carbohydrate snack (50g) immediately after exercise
- High protein and carbohydrate food within 1 hour after exercise (50 – 75g of carbohydrate and 15 – 20 of protein), eg:
  - 500 – 700ml low fat chocolate milk;
  - 1 large bowl of breakfast cereal with low fat milk;
  - 1 large cereal bar + 200g fruit yogurt;
  - Tuna and sweetcorn pasta with added veg or side salad;
  - Couscous with grilled chicken/lean steak/fish and vegetables;
  - Bagel with peanut butter and 1-2 cups of low fat milk;
  - 2 slices of lean meat with wholemeal pasta or rice with vegetables.
  - If a meal is not immediately available have a carbohydrate energy drink.
- Water

## **D. Competition Days**

- When training on the day of a competition refuel by eating a small meal or snack 2-4 hours before competing.
- If nerves stop you eating have an energy drink.

**Remember:** All the calories consumed need a high nutritional value. And do not neglect hydration during training. So get started and see your diving performance improve!

*For more information on Performance Nutrition contact Hannah Sheridan by Email on [hannahsheridan@aol.com](mailto:hannahsheridan@aol.com)*