



# Midleton Hurling 2015

## Lifestyle

### Hydration

Science tells us that being dehydrated can hinder performance by as much as 30%. If there were a supplement that could guarantee that you could perform 30% better on the day it would be worth millions. Don't overlook the importance of adequate hydration.

When you wake up first thing in the morning and pee, your urine should be pale in colour and not strong smelling. This is the easiest way to assess how well or poorly hydrated you are. Aim to drink 3 litres of fluid daily. If you are already doing this and really struggling to remain hydrated, consider using a hydration solution (Dioralyte) following consultation with team management.

### Everyday Nutrition

Make sure you are eating adequate carbohydrate (bread, cereal, potatoes, pasta & rice) on a daily basis.

Carbohydrates are the fuels for exercising muscle and at this phase of the season are far more important than proteins.

Limit fats and sugars; they have no place in an athlete's diet. Continue to eat adequate protein with meals, but don't make it the focus of your efforts for the forthcoming days as it is likely to displace more valuable carbohydrates.

Eat plenty of different coloured fruits and vegetables for their immune-supportive roles. Include low fat probiotic yoghurt on a daily basis for the same reason.

## Meal Examples

### Breakfast

#### Low Protein, Low Fat, Low Fibre, High CHO

##### Choose from:

- Porridge/Cereal, Low Fat Milk and Fruit
- Pancakes and Syrup
- Toast, Muffins with Jam/Honey
- Breakfast Bar and Banana
- Fruit Salad made from 2 or more tinned or Fresh Fruits with Organic or Low Fat Yoghurt
- Low Fat Rice Pudding with Fruit
- Fluids – No Alcohol

### Snack

- Cereal Bar
- Bananas
- Fluids - No Alcohol

### Lunch

#### Low Protein, Low Fat, Low Fibre, High CHO

##### Choose from:

- Spaghetti or other noodles with little Lean Mince and/or Vegetable or Tomato based sauces (no cream)
- Chicken a la King and Rice and Peas/Carrots
- Baked Potato with Tuna or Chicken or Vegetable based filling
- Grilled Chicken Breast with Mashed Potato/Sweet Potato or Rice
- Chicken Breast or Fish with Basmati Rice or Whole Wheat Pasta plus serving of Vegetables/Salad
- Sandwiches with Meat and Salad
- Toast and Tinned Spaghetti
- *Extra Bread, Fruit and Fruit Salads and Low Fat Yoghurt/Low fat Desserts can be included with this meal plus Sports Drinks – No Alcohol*