

Endurance Coach

Nutrition Newsletter

"Fat, Sugar and Takeaway Foods"

Fats

Takeaway foods contain high levels of saturated fats, cholesterol and salt. Saturated fats come from most animal origin foods and are known to contribute to heart disease and raise cholesterol levels. Foods such as cheese, cream, cakes, pastries and fats on meat are some examples of saturated fats as well as those popular fast food joints. I have included some healthier food options to try instead of the fatty fried foods.

Fast foods	Fat content (g)	Healthier options
Meat pie	24g	Piece of quiche, filled rolls
Sausage roll	23g	Sushi packs
Hamburger and fries	28g	Home-made burgers, Kebabs with meat and salad
Slice of pizza	10g	Home-made pizza with low fat meats and less cheese
Piece of battered fish and chips	63g	Grilled fish and homemade wedges
Sweet and sour pork (1 portion)	15g	Sandwiches with salad and lean meats
Fried rice (1 portion)	37g	Chicken stir-fry with steamed rice
2 pieces fried chicken and chips	80g	Grilled chicken pieces and homemade wedges

Sugars

Most foods these days contain either high levels of sugar or fat. So how do we cut down on both? Most athletes are active enough to burn off

the excess sugar during exercise however, it's important to avoid having too much.

How to cut down on sugars?

- Reduce sugar content in baking by 1/3, this will not affect the overall flavour of the product
- Learn to add less sugar to foods such as coffee, tea, cereals and desserts
- Dilute fruit juices, sports drinks and cordials
- Add spices such as cinnamon, nutmeg, allspice, cloves and vanilla essence to sweeten foods
- Choose cereals with lower sugar content, eg. Light'n'Tasty, Just Right, Special K, Weetbix (without added sugar) and non-sweetened muesli's
- Choose a variety of dried/fresh fruit instead of choosing sweets or chocolate foods
- Avoid high sugar muesli and cereal bars – go for a wholemeal based one and avoid ones which are yoghurt or chocolate coated
- Make sure you read the food labels, choose foods that are less than 5g of sugar which equals about 1 teaspoon of sugar per serve

High Sugar foods

- Cereals such as Nutrigrain, Coco Pops, Rice Bubbles, Cornflakes & sweetened mueslis
- Orange juices and soft drinks
- Chocolate and confectionery
- White bread products
- Pastries, muffins and scones
- Flavoured milks
- Sugary muesli bars including yoghurt and chocolate coated

Healthy Restaurant Tips

Restaurant foods usually contain lots of cream, cheese, butter and salt so it's important to know what you're eating before you order. Remember to choose foods with low fat meats, accompanied by lots of fresh vegetables and always ask for low fat options. Restaurants should cater for you needs so it's always worth asking for certain foods or eliminating the bad ones.

- Order soups or salads as sides or entrée dishes. Try to avoid cheesy dishes or garlic and buttery breads.
- Limit alcohol to 1-2 drinks for the evening. Ask for a jug of water on the table in order to meet your hydration requirements.
- Order meats that are either grilled or barbequed and make sure you trim excess fats off. Try to avoid meats that are fried.

- Watch out for salads with lots of dressings or mayonnaise. Ask for the dressings separate and add only a small amount for flavour.
- Choose foods with a tomato or salsa base instead of cream and cheesy dishes.
- Choose low fat options desserts such as gelato, fruit pies (without cream) instead of rich mousses or buttery/creamy dishes. Fruit and a small amount of ice-cream is another yummy option.

References

- Howe.M., Hellemans.I., Rehrer.N., Pearce.J. 2002. '*Sports Nutrition for New Zealand athletes and coaches*'.
- Sports nutrition Australia Institute of sport, Pearce.J. 2002. '*A winning diet*'.
- www.sportsdietitians.com
- www.sports-healthdietitians.co.nz

RECIPE OF THE MONTH

'Banana, bacon, chicken and avocado salad'

INGREDIENTS

1 banana (sliced)
2 strips of middle bacon (sliced)
100g boneless chicken breast (sliced into small pieces)
2 Tbsp sweet chilli sauce
Mesculin lettuce
1 tomato
½ avocado
1 Tbsp pine nuts
20g feta cheese (cut into cubes)

METHOD

1. Marinate boneless chicken breast in jug with sweet chilli sauce.
2. Slice up tomato & avocado and place on bed of lettuce into 2-3 bowls.
3. Cook bacon in a fry pan until golden brown and put in a separate bowl. Pan fry chicken and sweet chilli sauce until lightly brown and then add bacon again and stir fry for 2mins.
4. Pour chicken and bacon ingredients evenly into the 3 bowls of lettuce, tomato and avocado.
5. Top with feta cheese and sliced up banana and finally sprinkle pine nuts over top.
Serves 2-3.