

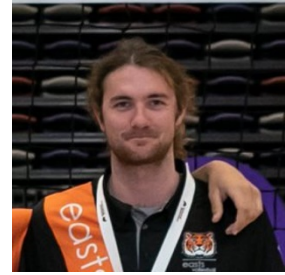


## Athlete Health and Wellbeing

### Sports Science – Nutrition

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Hello again parents, coaches and athletes and thanks for taking the time to again read these updates. The topic for today is surrounding nutrition and let me start off by saying that I am not a practicing dietician and any specific dietary choices should be consulted with a practicing dietician. In saying that, my degree in exercise and nutrition science has provided me with the education to pass on general diet advice and today we may be beneficial for not just our athletes, but our entire Tiger's community.

A very simple concept that must be understood before anything is that to maintain a desired weight, energy intake must match energy output. A lower energy intake may lead to a reduction in body mass and likewise a higher energy intake than output may result in a gain in body mass. The Australian government website, Eat for Health, has a very simple calculator ([www.eatforhealth.gov.au/webform/daily-energy-requirements-calculator](http://www.eatforhealth.gov.au/webform/daily-energy-requirements-calculator)) to estimate energy output and I would definitely recommend looking into this. The Eat for Health website also defines the Australian Dietary Guidelines along with plenty of detail surrounding the five food groups ([www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5](http://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5)) and how much of each we should consume per day ([www.eatforhealth.gov.au/food-essentials/five-foodgroups](http://www.eatforhealth.gov.au/food-essentials/five-foodgroups)).

Building upon this, the Sports Dietitians of Australia's website provides factsheets, based on knowledge from qualified sports dietitians, pertaining directly to people who engage in physical activity and special populations such as children and adolescents. They also provide some great recipes that are worth checking out and experimenting with especially in this time of COVID-19 restrictions. I hope everyone can find the time to explore this website as well ([www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)).

As always, if you have any questions regarding the content of this article please do not hesitate to contact me at [angussullivan.sc@gmail.com](mailto:angussullivan.sc@gmail.com) or if you have specific dietary questions I recommend speaking to a practising dietician for a more in depth answer.



## Easts Volleyball Club

P.S. Please note that in the energy requirements calculator, physical activity is a factor and in these times of COVID-19 restrictions, your energy expenditure may be less than normal which will effect your energy requirements.

P.P.S. Please check out this webpage (<https://www.eatforhealth.gov.au/eating-well/howunderstand-food-labels>) and take note on how to read and what to look for on food labels and be especially cautious of the %RDI column which, for many of us, is completely useless.