

## Personal issues

Sam and her team mates and their families have limited nutrition knowledge and know very little about foods that are needed for high energy activities.

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Complex carbohydrates are the major source of fuel for everyone, especially for athletes.

Dieticians and nutritionists recommend carbohydrates such as breads, cereals, fruits, vegetables and pulses to make up more than our total energy intake. The specific amount of carbohydrates your body needs depends on your body weight and level of training...

Carbohydrates can be spread over the day into 20g portions; some examples are 2 thin slices of bread, 2 plain crackers, 1 apple or orange or 200ml of fruit yoghurt. Sam has a reasonable variety to pick from each day. Carbohydrates are a very high need for Sam because they are stored in the muscles and liver as glycogen. Glycogen is the main source of energy for the muscles to perform during exercise but as the body can only store a limited amount of glycogen, it is essential to eat carbohydrates each day. Sam is undergoing endurance training 2-5 hours a day e.g. long distance running so that means she needs 8-10g of carbohydrates to every kilogram of body weight.

Protein... Protein also provides energy if glycogen stores are low but when used in this way it cannot contribute to the important areas of muscle growth, repair and recovery. This can happen when low carbohydrate and high protein diets are being used. Carbohydrates should therefore contribute to the majority of energy needs (50-60%)...

Glycaemic Index (GI) provides a ranking for carbohydrate foods, based on how they influence blood sugar levels. A low GI pre-exercise meal has been proven to maintain better blood sugar levels during exercise... Foods that Sam could eat in low GI (55 or less)... Moderate foods (56 to 69)... The high GI foods (70 and above and are not recommended before exercise)...

## Interpersonal issues

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Because Sam and the other team members are on a budget, they will need to be budgeting their money as much as possible to be able to get the variety of high energy foods, and meats.

A good way for her family to be helping her is to be looking out for specials at their local supermarkets and looking up cheap recipes to make a meal for their whole family to enjoy and be able to be what Sam needs daily. At Countdown, they have leaflets as you exit there to grab that feed families of four for \$15, most of which are high in protein, carbohydrates, iron...

Her family could be checking the labels on food to see what ingredients are inside them. This is a good option because Sam and her family don't know all that much about what she should be eating. It is easy to read labels; all you need to be looking at is what is in them and how much percent. For example, looking at a packet of sauce shows you that there is 780mg of sodium, 1.9g of fat, 55.5g of carbohydrates and 2.3g of sugar... By reading labels, this is ensuring that you are well aware of what you are eating, having full knowledge of what is inside your food is important because it is what your body runs on.

## Societal issues

With Sam being a high energy user, she needs to watch out from what she drinks. As much as Powerade is highly advertised for sports people, those drinks are only recommended... Drinks like Red Bull and V will keep you going but not for long. It is more like a sugar hit and the nervous jitteriness comes from the caffeine. The caffeine in the drinks make them particularly unsuitable to be drunk after exercise when you really need fluids. If Sam is going to the supermarket to find a drink prior to exercise, she needs to be reading the labels, checking the sugar and sodium content.

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## Strategies

Sam's family could buy the Healthy Food Guide magazine which can be found at some supermarkets or at bookshops. They would be a good suggestion for Sam and her family because it has everything you need to know about her kind of diet, because it is written by professionals who know all there is to know about it. The magazine can teach Sam and her family and friends the ways to make delicious tasteful foods that fulfils everyone's needs. Also there are many online recipes... Sam could see a dietician about meal plans... Having a dietician is basically the same as having the magazine, but this way you have someone to talk everything through with you and help you gain a better understanding of things. Also talking to a dietician, all your questions, worries and needs would be answered, instead of relying on Google for everything when it could possibly be false.

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