OFF SEASON NUTRITION

The off season is a great opportunity to rest and recharge after a tough season. But this shouldn’t mean that you neglect your health, fitness and well being. After a short break, you may also use the off season to get a head start on next year’s training goals. The following information outlines how you can get the most out of what you eat in order to stay in good shape.

Exercise

Continue some level of training to avoid both losses in lean tissue and unwanted body fat gains. You may also use this break to try other activities that you don’t get the chance to do in your regular season.

Energy Intake

Your energy expenditure (amount of calories you use) will likely be lower now that intense training and competition are over, so you will require less energy (calories) in your diet. The best way to do this is to reduce number of snacks you eat and reduce the size of your main meals. See Calculating Energy Expenditure to work out your calorie needs. Off season is also a good time to experiment with new recipes before you are busy again with the season.

Mindful Eating

Mindful eating means being in tune with your hunger cues, and this helps you become more aware of when you are truly hungry or full after a meal. Mindful eating is something to be practiced in the off season or competitive season, as it is a great way to stay on track with your nutrition goals. The Hunger Scale can help you think about hunger and fullness before, during and after you eat. Try to stay within the blue regions to practice mindful eating. More information can be found at: http://www.themindfuldietitian.com.au/blog/mindful-fuelling-for-athletes

If you are hungry between meals, choose your snack based on your goals.

High energy snacks

- Crackers or bagel and nut butter
- Greek yogurt with nuts/granola and honey
- Fruit smoothie with banana, honey + nut butter
- Avocado on toast
- Hummus or guacamole with pretzels
- Sliced banana + nut butter
- Muesli/granola with extra nuts
- Sushi rolls

Lower energy snacks

- Vegetable smoothie
- Veggie Sticks
- Sliced deli meat
- Edamame or sashimi
- Tinned tuna
- Rice crackers/rice cakes
- Pickles, olives

Be mindful of portion sizes

Avoid eating straight from a bag, box or carton as it’s more difficult to visualise the portion you are eating. Resist the temptation to overfill your plate or eat until “the plate is clean”. Instead have a smaller portion or use smaller dishes to manage the portion size of higher calorie foods. If you are trying to reduce body weight, you may consider reducing snacks and having smaller portions of carbohydrates.

**Please speak with your Sports Dietitian for further information**
BBQ Season
Fill your plate with salads, vegetables and lean meats, fish or tofu. Choose sides like vegetables crudités, fruits, carbohydrate salads instead of creamy coleslaw, cheese, chips, dips or foods covered heavily in sauce. Do not overfill your plate, leave some time before going back for seconds and drink water with meals.

Liquid Calories
Alcohol is very high in calories. If you choose to drink over the off-season ensure you are hydrating with water before and throughout the night. Eat a meal before consuming alcohol and drink in moderation – 2-3 units per day for women, 3-4 units for men.

<table>
<thead>
<tr>
<th>Number of drinks</th>
<th>Equivalent in Food</th>
<th>Exercise required to burn that energy off</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 drink (150kcals)</td>
<td>1 drink (150kcals)</td>
<td>Brisk walk 40 mins</td>
</tr>
<tr>
<td>Single shot + 150ml mixer</td>
<td>7 layer dip = 70kcals</td>
<td>Running at 11kmph 15 mins</td>
</tr>
<tr>
<td>6oz glass</td>
<td>About 11 chips = 140kcals</td>
<td>Cycling at 16-19kmph 25mins</td>
</tr>
</tbody>
</table>
### 3 drinks (450kcal)

<table>
<thead>
<tr>
<th>Drink 1</th>
<th>Drink 2</th>
<th>Drink 3</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single shot + 150ml mixer</td>
<td>6oz glass</td>
<td>5 cheese sticks = 310 kcal</td>
<td>Brisk walk 2 hours</td>
<td>Running at 11kmph 45 mins</td>
<td>Cycling at 16-19kmph 1 hr 20 mins</td>
</tr>
</tbody>
</table>

### 5 drinks (750kcal)

<table>
<thead>
<tr>
<th>Drink 1</th>
<th>Drink 2</th>
<th>Drink 3</th>
<th>Drink 4</th>
<th>Drink 5</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single shot + 150ml mixer</td>
<td>6oz glass</td>
<td>3 Fun size candies = 320 kcal</td>
<td>1 slice apple pie + 1 scoop ice cream = 480kcal</td>
<td>Grande Green Tea Frap + Whip = 360kcal</td>
<td>Brisk walk 4 hours</td>
<td>Running at 11kmph 1 hr 15 mins</td>
<td>Cycling at 16-19kmph 1 hr 50 mins</td>
</tr>
</tbody>
</table>