Your athlete has 30 minutes until their training session; can you help them choose a snack to have & describe why you have chosen that?

Do you pick your athlete up? Do they have a snack for the journey home to kickstart their recovery?

What areas do you think your athletes need to improve on the most to help to improve their nutrition?

What is the main barrier for them achieving this? Can you help them with this?

What is the main macronutrient involved in the growth and repair of muscles?

What are the concerns of under fuelling?

How many calories (roughly) do you think your child needs between the ages of 16-18

What are the 4'R's of recovery?

RAISING & SUPPORTING A PERFORMANCE ATHLETE

ENGLAND ATHLETICS

DiSE Diploma in Sporting Excellence

Loughborough COLLEGE

WHO AM I?


LOUGHBOROUGH COLLEGE
H E Centre

THE WHAT AND WHEN

YOU ARE HERE

Nutrition curriculum

Camp	Year group	Parents
October	Year 1	Raising and supporting a performance athlete
	Year 2	NA
December	Year 1	Supporting recovery
	Year 2	Supporting performance rather than just participation
March	Year 1	Supporting competition nutrition
	Year 2	Helping athletes take ownership

AIMS



Overview of why nutrition is important

Summary of the 3 macronutrients

Nutrition for the 24/7 athlete

Supplements 101

WHY NUTRITION IS IMPORTANT?


KUKRI
434
WILSON
ENGLAND ATHLETICS
901


16.5lb
7.5kg
5kg
11lb



Taylor (18YO: 92kg)

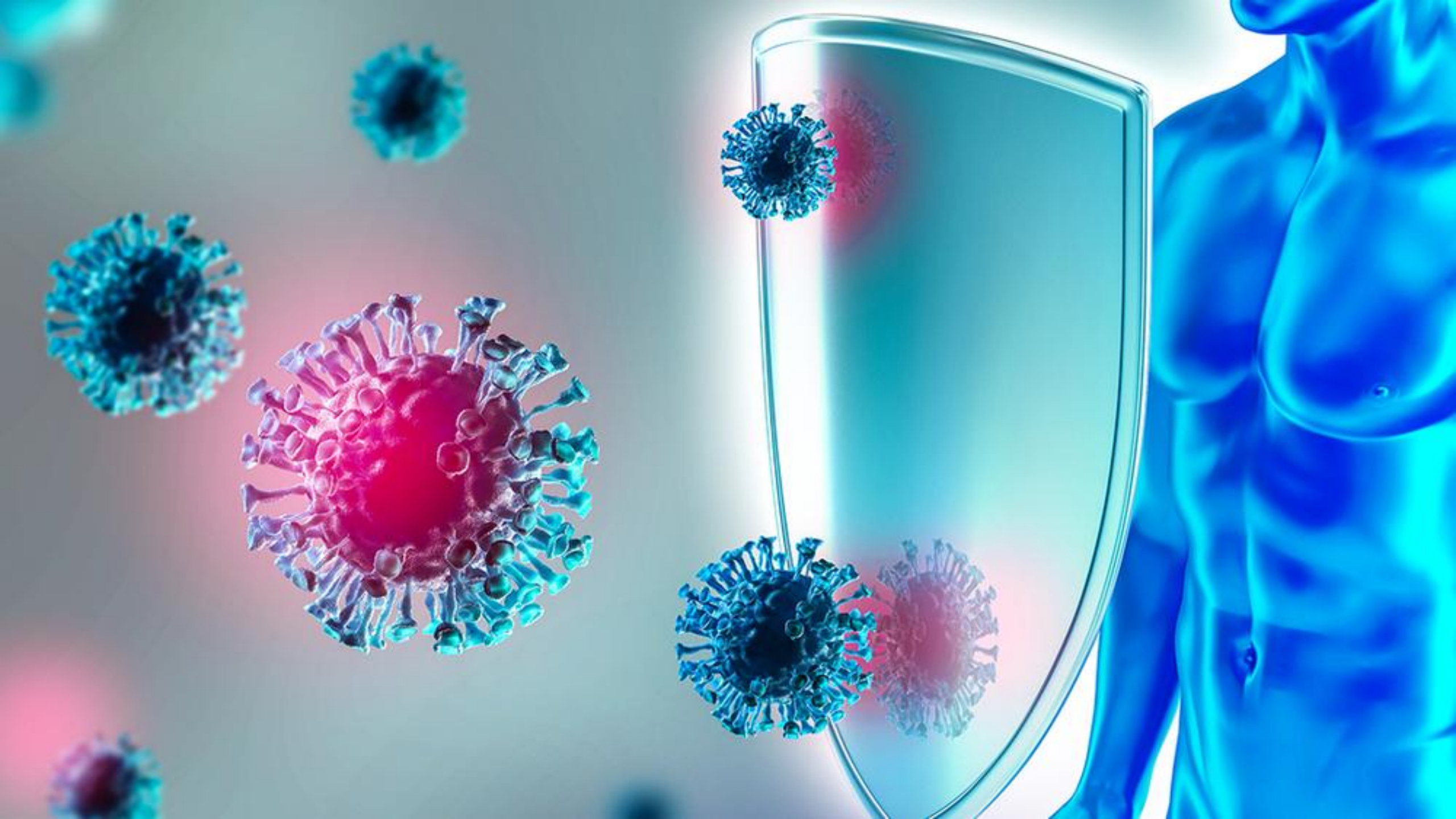


Taylor (25YO: 107kg) +15kg



Taylor (29YO: 118kg) +26kg







GOOD FOOD = GOOD MOOD



PART 2:

INTRO INTO THE 3 MACRONUTRIENTS

(And what they do?)

CARBS



ROLES OF CARBS



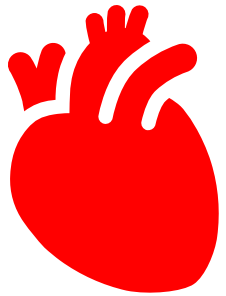
MUSCLE ENERGY SOURCE



HEALTHY DIGESTION

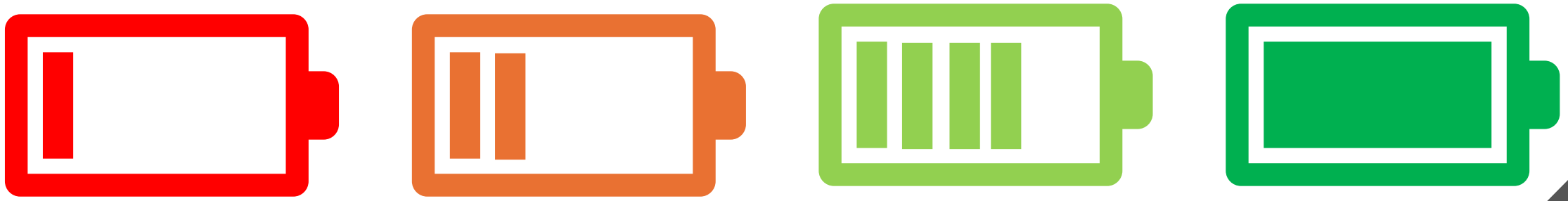


PROVIDES BRAIN ENERGY



REGULATE BLOOD SUGAR

THINK OF YOUR MUSCLES AS BATTERIES, CARBS CHARGE YOUR MUSCLES





MORE ACTIVITY = MORE CARBS

TYPES OF CARB

SIMPLE ⟷ COMPLEX





































- Quickly digesting sugars
- Fast energy source
- Typically less nutrient dense

- Slow digesting carbs
- Steady energy, control blood sugar
- Typically more nutrient dense

PART 4:



THE RULES

You are voting for the food that is highest in carbohydrates

TOP TIP: Look at the quantity of the foods, is that a normal quantity of that food?

TO VOTE:
Stand up if the you think the food on the left has more carbohydrates
Stay sitting if you think the food on the right has more carbohydrates

Once you're out you're out!!!

1 chicken breast

(stand up)



0 grams

1 wrap

(sit down)



30 grams

1 wrap

(stand up)



30 grams

2 weetabix

(sit down)



26 grams

1 wrap

(stand up)



30 grams

1 wholemeal wrap

(sit down)



27 grams

1 wholemeal wrap

(stand up)



27 grams

100 ml lucozade

(sit down)



1 wholemeal wrap

(stand up)



27 grams

100 ml lucozade

(sit down)



6 grams

100 ml lucozade

(stand up)



6 grams

1 jaffa cake

(sit down)



8 grams

500 ml lucozade

(stand up)



30 grams

1 banana

(sit down)



20 grams

1 banana

(stand up)



20 grams

1 bag of rice

(sit down)



62 grams

BONUS ROUND



How many grams of carbhydrates in 100 grams of grapes


4+
days
TESCO
RED
SEEDLESS GRAPES
HAND-PICKED
TESCO
EXPERTLY SELECTED
FOR
QUALITY
& TASTE
500g

17 grams

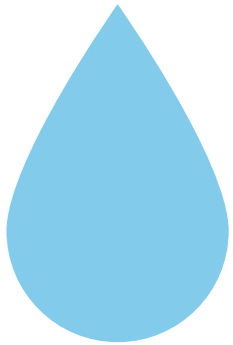

PROTEIN

ROLES OF PROTEIN



DEVELOP MUSCLES

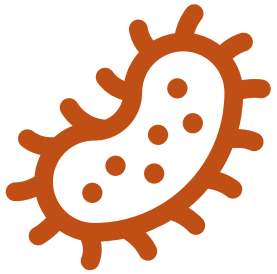
(growth & repair)



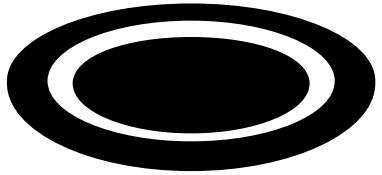
MAINTAIN BODY PH LEVELS



SUPPORT IMMUNE FUNCTION



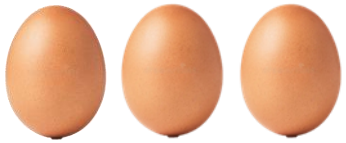
METABOLISM



MAINTAIN SATIETY

HOW MUCH PROTEIN DO YOU NEED?

PRACTICAL APPLICATION



3 EGGS

Protein = 25g



1 yoghurt pouch

Protein = 20g



1 tin of tuna

Protein = 27g



1 serving of mixed nuts

Protein = 7g



1 chicken breast

Protein = 28g



1 pint of milk

Protein = 20g

BREAKFAST

07:30

MORNING SNACK

10:00

LUNCH

12:30

AFTERNOON SNACK

10:00

DINNER

18:30

PRE-BED SNACK

21:00

TOTAL:127 grams of protein

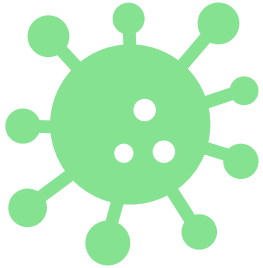
FATS



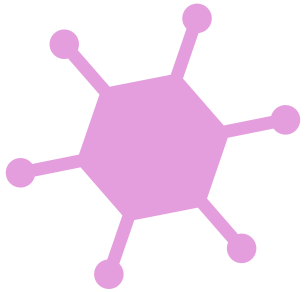
ROLES OF FATS



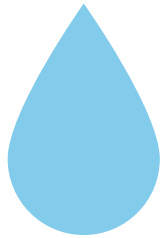
ENERGY SOURCE



CELLULAR STRUCTURE



HORMONE PRODUCTION



VITAMIN ABSORPTION



PROTECTION

OPTIMAL FATS





















VITAMINS & MINERALS



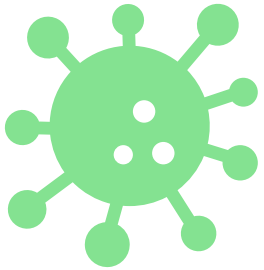
ROLE OF MICRONUTRIENTS



INVOLVED IN ENERGY PRODUCTION



SUPPORT IMMUNE FUNCTION



PROTECT CELLS



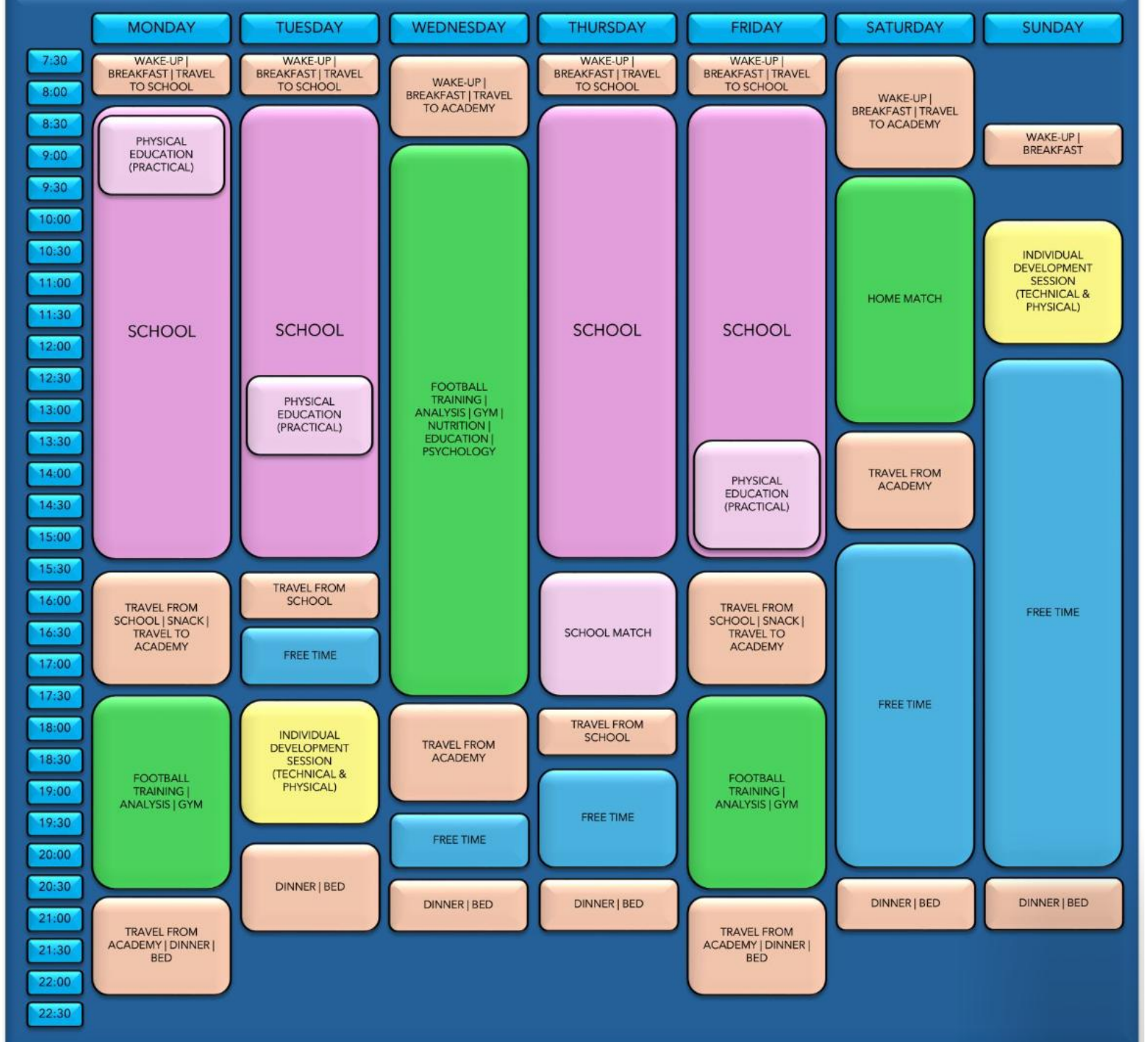
KEEP FIT & HEALTHY

Females are at risk of low iron more than males

Calcium is another key micronutrient that is essential to your bone health!

England athletics quiz parents

NUTRITION FOR 24/7 ATHLETE


MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
7:30
8:00
8:30
9:00
9:30
10:00
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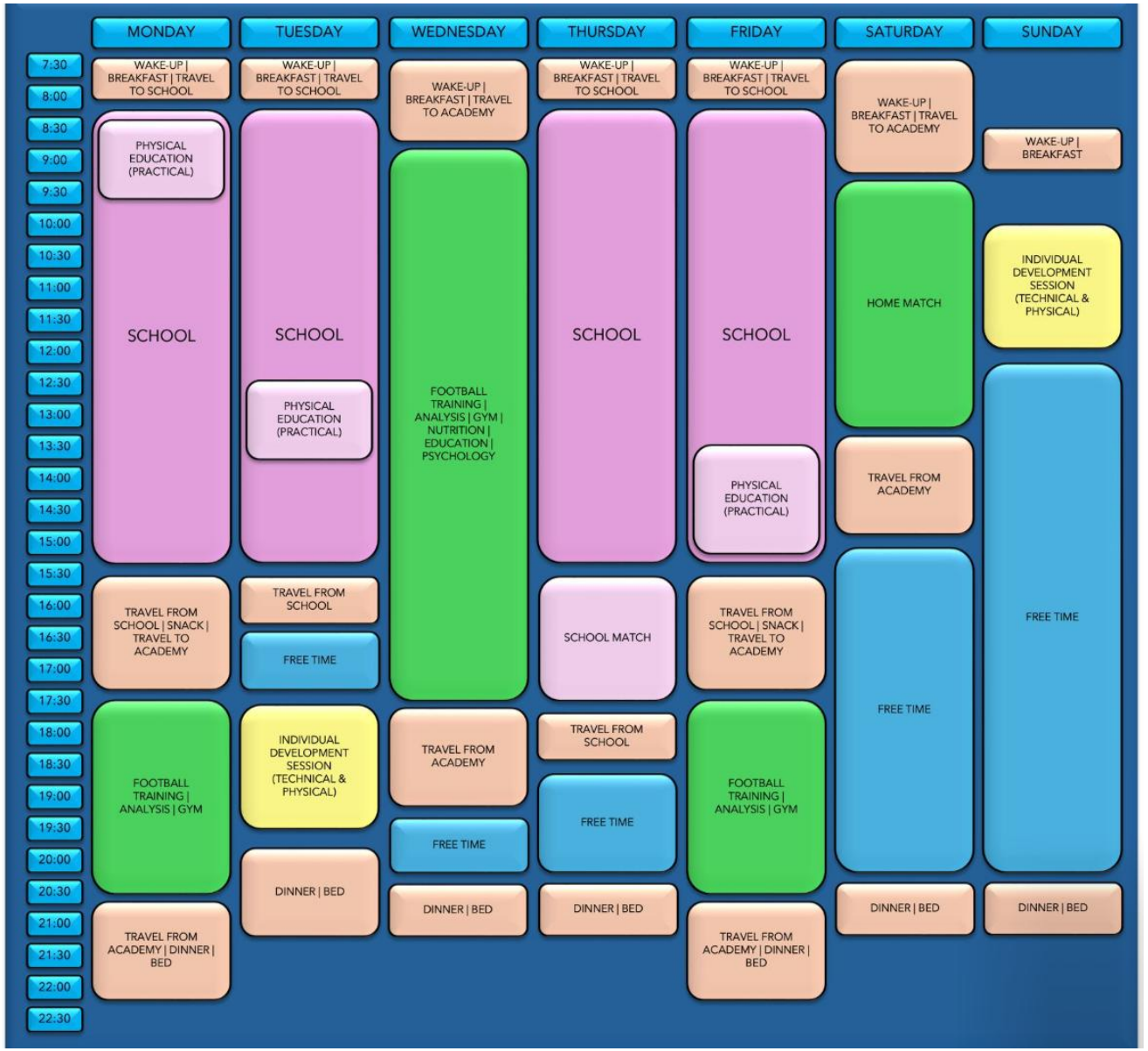
22:30
WAKE-UP | BREAKFAST | TRAVEL TO SCHOOL
WAKE-UP | BREAKFAST | TRAVEL TO SCHOOL
WAKE-UP | BREAKFAST | TRAVEL TO ACADEMY
WAKE-UP | BREAKFAST | TRAVEL TO SCHOOL
WAKE-UP | BREAKFAST | TRAVEL TO SCHOOL
WAKE-UP | BREAKFAST | TRAVEL TO ACADEMY
WAKE-UP | BREAKFAST
PHYSICAL EDUCATION (PRACTICAL)
SCHOOL
SCHOOL
FOOTBALL TRAINING | ANALYSIS | GYM | NUTRITION | EDUCATION | PSYCHOLOGY
SCHOOL
SCHOOL
HOME MATCH
INDIVIDUAL DEVELOPMENT SESSION (TECHNICAL & PHYSICAL)
PHYSICAL EDUCATION (PRACTICAL)
TRAVEL FROM ACADEMY
FREE TIME
TRAVEL FROM SCHOOL | SNACK | TRAVEL TO ACADEMY
TRAVEL FROM SCHOOL
FREE TIME
SCHOOL MATCH
TRAVEL FROM SCHOOL | SNACK | TRAVEL TO ACADEMY
FREE TIME
FOOTBALL TRAINING | ANALYSIS | GYM
INDIVIDUAL DEVELOPMENT SESSION (TECHNICAL & PHYSICAL)
TRAVEL FROM ACADEMY
TRAVEL FROM SCHOOL
FREE TIME
FOOTBALL TRAINING | ANALYSIS | GYM
FREE TIME
DINNER | BED
DINNER | BED
FREE TIME
DINNER | BED
DINNER | BED
TRAVEL FROM ACADEMY | DINNER | BED
DINNER | BED
TRAVEL FROM ACADEMY | DINNER | BED
DINNER | BED



An example time table for student athlete

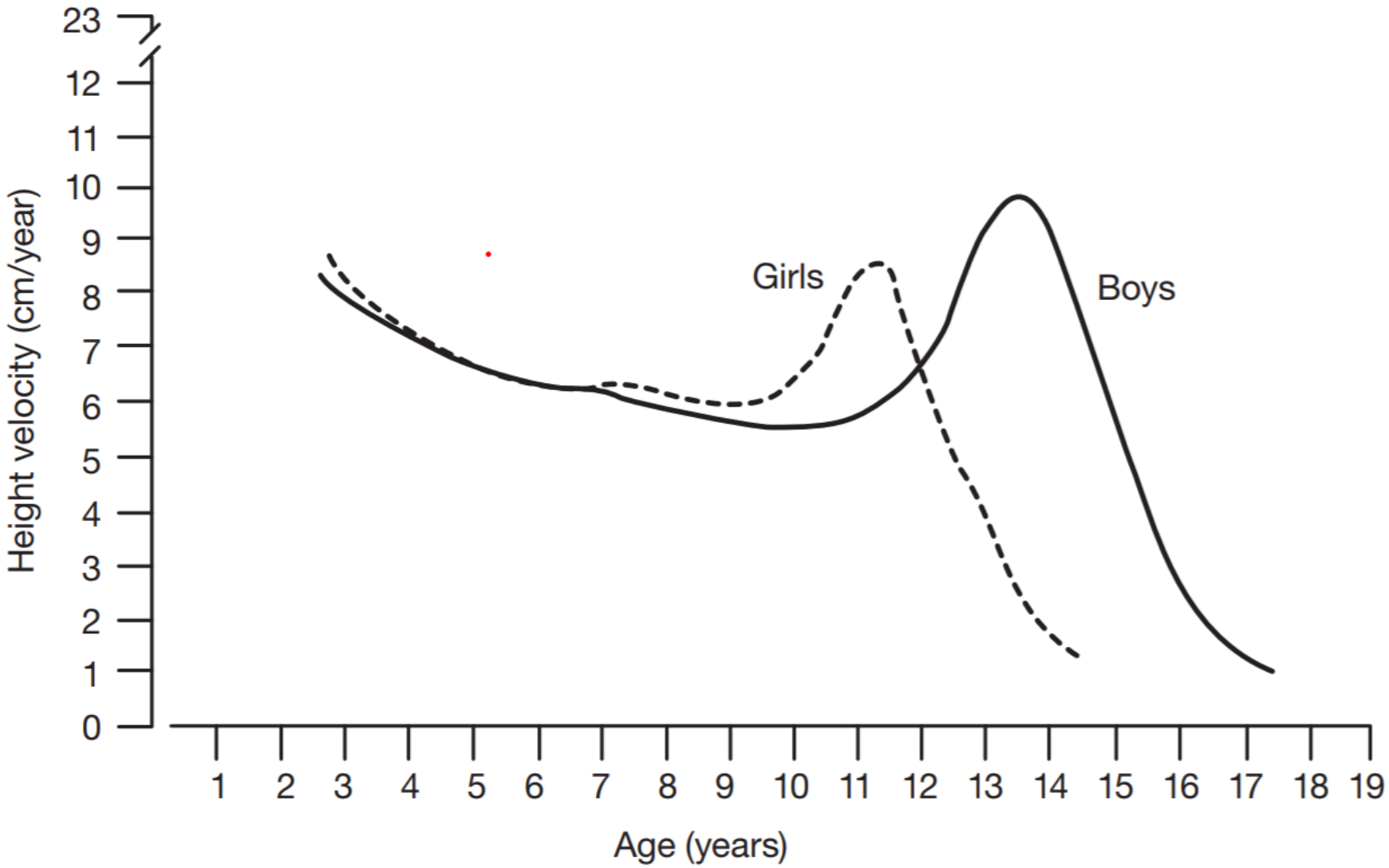
Key takeaways

1 – How much time do the athletes spend in the cars travelling?

2 - The negative impact on nutrition due to the inconvenient eating times

3 – The length of day for the athlete

Your athlete could still be growing using even more energy…



~3500

Females, slightly less at ~3000

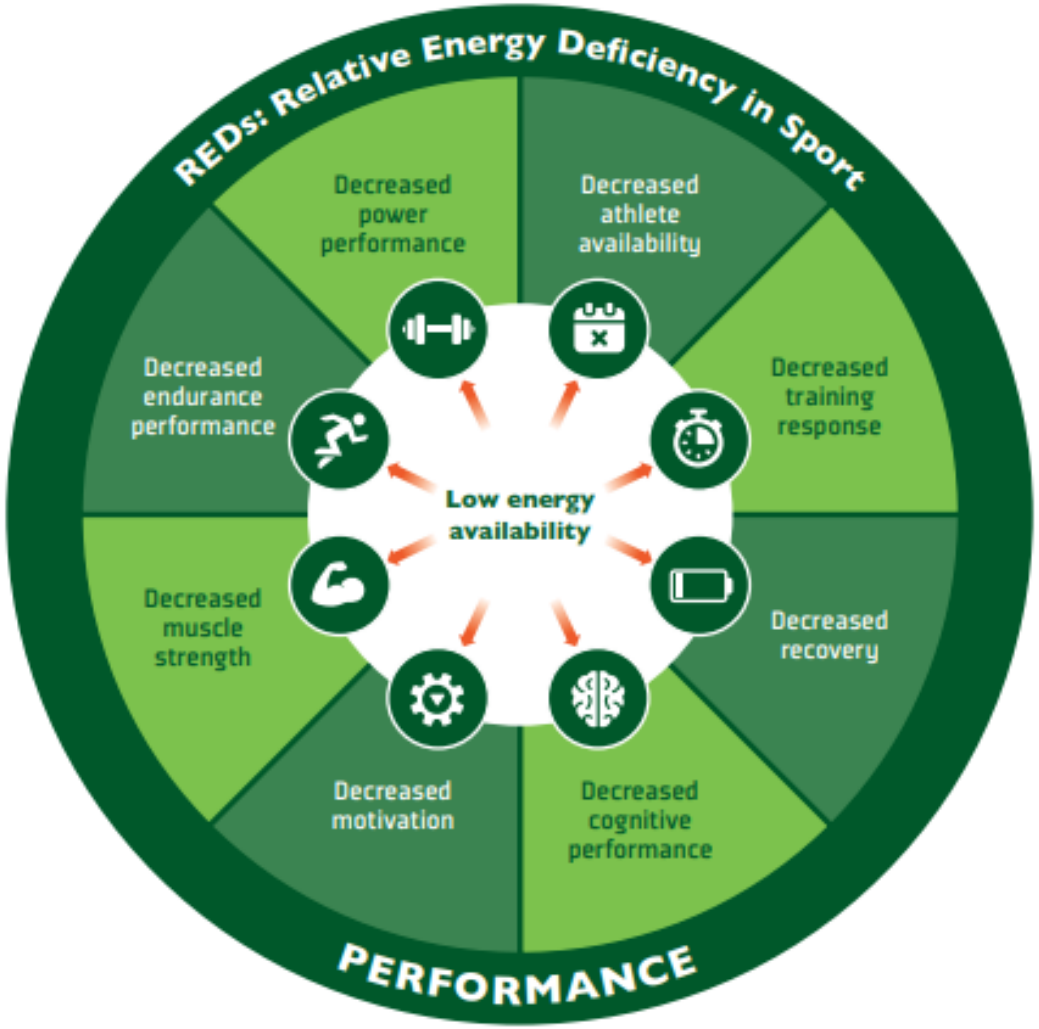

10:07
BBC SPORT
u keep this up, you'll
a wheelchair at 30"
0:00 / 1:24
Add comment...

SIGNS, RISKS & CONSEQUENCES OF LEA

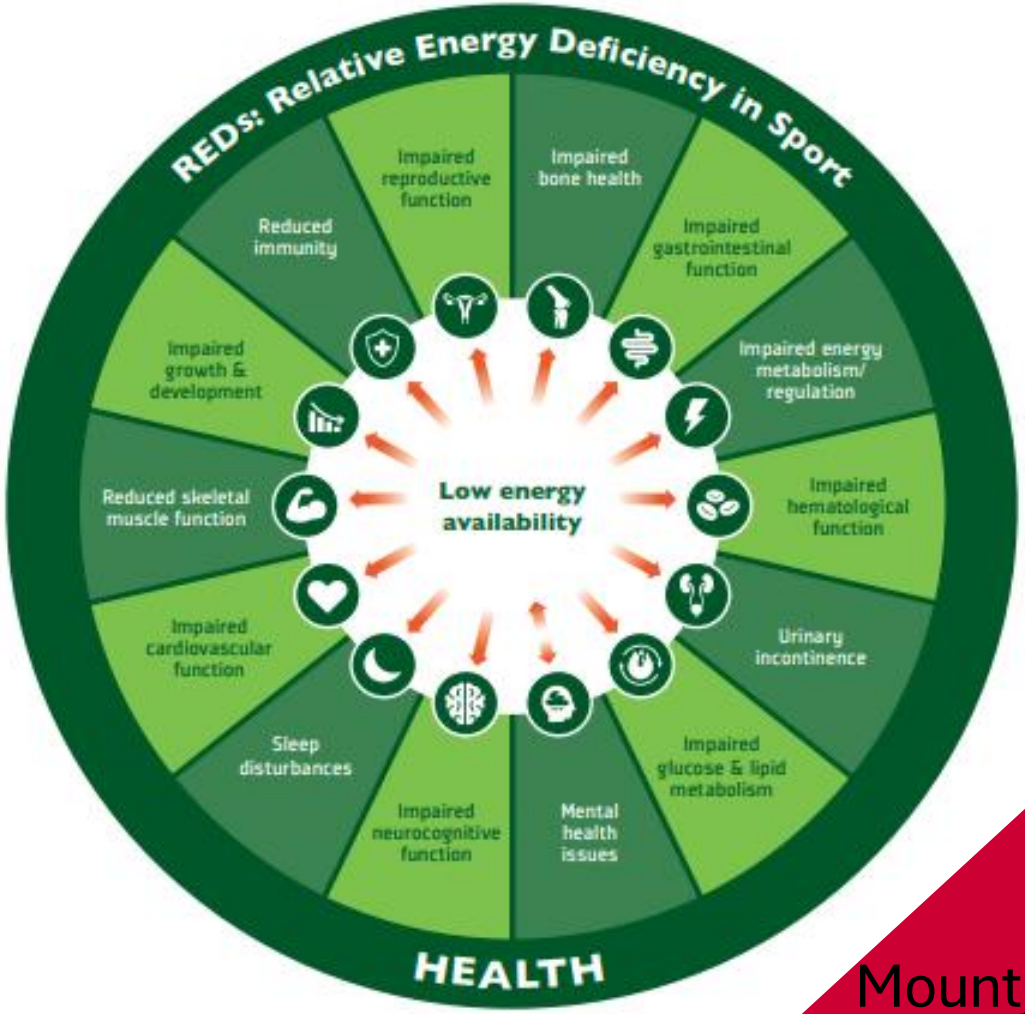


SIGNS, RISKS & CONSEQUENCES OF LEA

Effects on performance



Effects on health



Mountjoy *et al.*, 2023

SUPPORT WEBSITES

PROJECT REDS

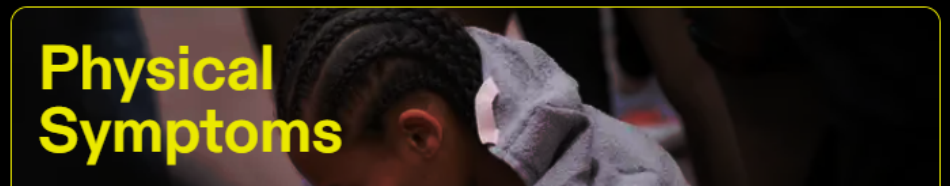
Home The Project **What is REDs?** Toolkit Articles Specialists Get Involved

WHAT IS REDS? WHAT IS REDS? WHAT IS REDS?

REDs, or Relative Energy Deficiency in Sport, occurs when your body doesn't get enough energy from food to fuel both the demands of exercise and essential daily functions like breathing, digestion, and repairing tissues.

Think of it like running your phone on low battery, where non-essential functions start shutting down. Over time, this can lead to serious physical and mental health problems and limit your ability to perform at your best.

Anyone can experience REDs, and it can happen at any stage of an athletic journey. The good news? It's entirely preventable. Start by understanding the signs and symptoms, and explore the FAQs below to take charge of your health and performance.





PROJECT REDS

Athlete & Supporter Resources

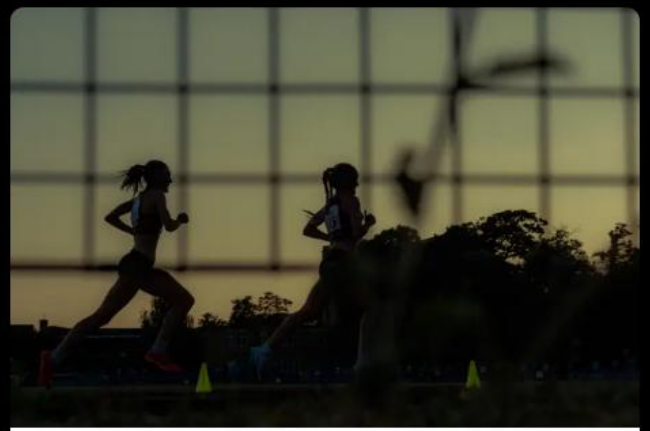
These toolkits are designed to be shared. Print them, send them in your team WhatsApp chat, or put them up in your club room, gym, or school noticeboard to help more athletes learn about REDs

Search toolkit

PERIODS BODY IMAGE ATHLETE ADVICE SUPPORTER ADVICE TRAINING RECOVERY FEMALE MALE NUTRITION

ENERGY CHECK: ARE YOU AT RISK OF REDS?

Find out if you're at risk of REDs in less than a minute with an anonymous quiz.







A PARENTS AND GUARDIANS GUIDE TO REDS SUPPORT

PROJECT REDS

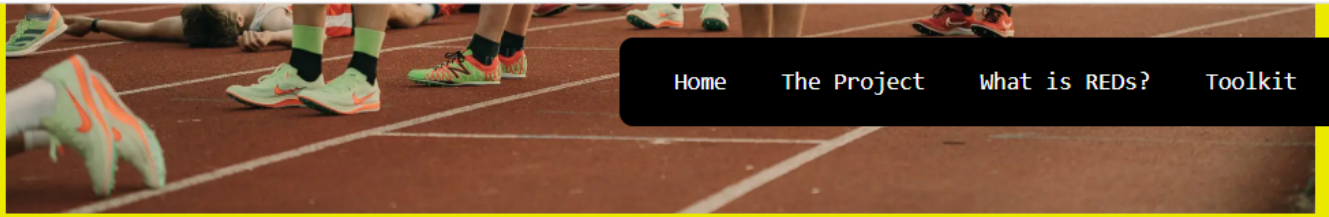
Females

For females, one big REDs flag is a **missing or abnormal menstrual cycle**. If you're using a form of hormonal birth control, this can be tricky to identify, since hormonal contraceptives typically work by suppressing the hormones within the natural ovarian cycle.

A knowledge gap within general medical practice

Through no fault of their own, some doctors may reassure you that hormonal birth control is a suitable substitute for a natural menstrual cycle. **It is not!** Even if you aren't using hormonal birth control and are experiencing menstrual abnormalities, you're likely to be told this is normal for an 'athlete like you'. **It is not!**

Using hormonal contraceptives to 'treat' a missing or abnormal menstrual cycle, or being told it is fine to experience this, is akin to putting a piece of tape over a big red flashing indicator light on your car dashboard. Instead, we need to look *under* the hood to investigate and address the underlying engine problem.



Males

Unfortunately (depending on which way you look at it), males lack the obvious metric of a menstrual cycle in which to determine their likelihood of experiencing REDs, though there are other signs to look out for. These include:

- Reduced frequency of morning erections and lower libido (a key hormonal indicator)
- Persistent fatigue and low energy levels
- Trouble gaining strength or recovering from workouts
- Frequent or persistent illnesses or injuries
- Mood swings or feelings of depression or anxiety
- Weight changes or difficulty maintaining weight
- Obsessive food restriction or exercise dependance

No matter your age, gender, or situation, there is *no* better time to become an active participant in understanding your own health. Just knowing there is a strong possibility that REDs won't be looked into should help you prepare for ensuring that it is.

ADVICE ON TALKING TO YOUR DOCTOR



TAGS: ATHLETE ADVICE, SUPPORTER ADVICE
READ TIME: 5MINS

Perhaps the only thing more frustrating than experiencing a REDs related issue is

https://docs.google.com/document/d/1l4KcGTIoMxhxAGUerHoGoeQQTi_FshTUukRtuYYZo6M/edit?tab=t.0

Update ···

Chat

Template Letter to Your Doctor: Seeking Support for a REDs Diagnosis

File Edit View Tools Help

Request edit access

Share

Sign in

Document tabs

Template Letter to Yo...

Headings that you add to the document will appear here.

PROJECT REDS

Example Letter to GP requesting REDs Assessment

This document, created by the Project REDs team and medical advisors, is intended to help individuals express concerns about potential symptoms of REDs or low energy availability to their GP.. Please feel free to adapt this as needed, and delete this paragraph before sending. For some athlete-to-athlete advice on talking to your doctor, head here.

[Insert your name and date]

Dear Dr **[insert name]**,

I am writing to request an appointment and assessment for possible Relative Energy Deficiency in Sport (REDs).

Based on my symptoms, training history and current energy demands, I am concerned that my energy intake may not be sufficient to support my activity levels and wider physiological function.

My symptoms include: **[List any physical or psychological symptoms, how long they have been present, and how severe they are. You can refer to the symptom guide at www.red-s.com for help.]**.

I currently do approximately **[insert number]** hours of physical activity or structured exercise per week. However, I understand that REDs can also occur at lower activity levels if energy intake is not sufficient to meet the body's overall needs.

Relevant background information includes:
[Optional: recent increase in training, injury history, periods of high stress, major life changes, starting university, a new job, relocation, increased work or family

THIS IS NOT A DIET FIT FOR AN ATHLETE













Simple carbohydrates

Low protein intake throughout the day

Low fiber foods

Poor hydration practices

High saturated / trans fat intake

Inconsistent meal timings

Lack of fruit & veg

Lacks moderation

THIS IS













Fuel training with carbs

Consistent protein throughout the day

High nutrient density

Ensures optimal hydration

Uses unsaturated fats to aid recovery

Uses simple sugars to fuel high intensity

Eats the rainbow of fruit and veg

Structured

THIS IS...IF PORTION SIZES ARE RIGHT



1 kcal per spray
Avg = 5 sprays



½ bag = 201 kcal



100g chicken breast = 115 kcal



100g = 38 kcal

TOTAL = 359 kcal

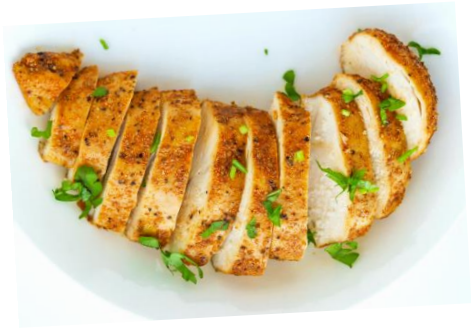
THIS IS...IF PORTION SIZES ARE RIGHT



1 tbsp = 115 kcal



1 bag = 402 kcal



150g chicken breast = 172 kcal



100g = 38 kcal



½ pack = 69 kcal



30 g= 187 kcal

TOTAL = 983 kcal



PRACTICAL EXAMPLES…

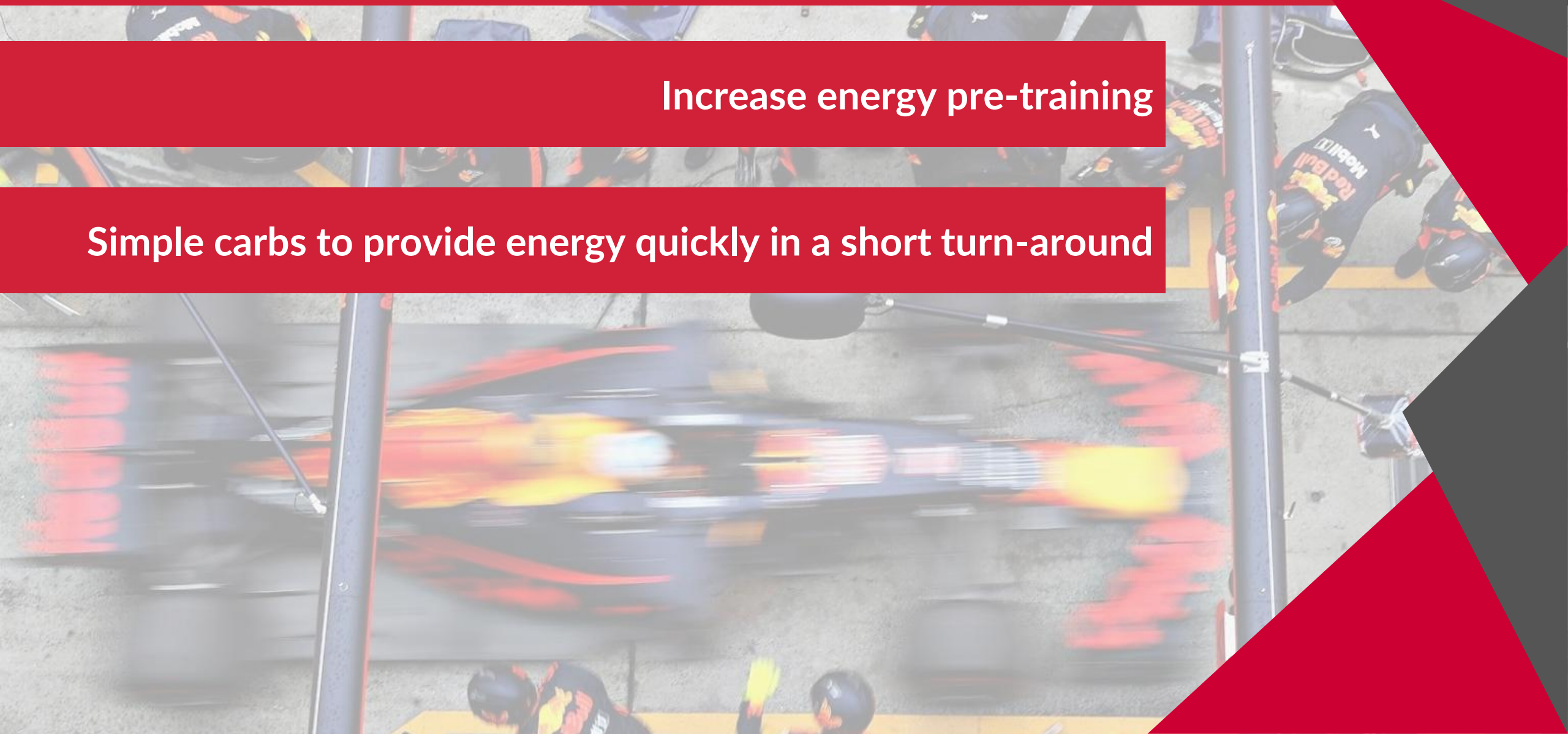
What can you do?


JANSPORT
THE NORTH FACE
FJÄLLRÄVEN KÅNKEN

PIT STOP SNACK



PIT STOP SNACK AIMS



Increase energy pre-training

Simple carbs to provide energy quickly in a short turn-around

PIT STOP SNACK EXAMPLES

Grab & go carb snacks pre-training























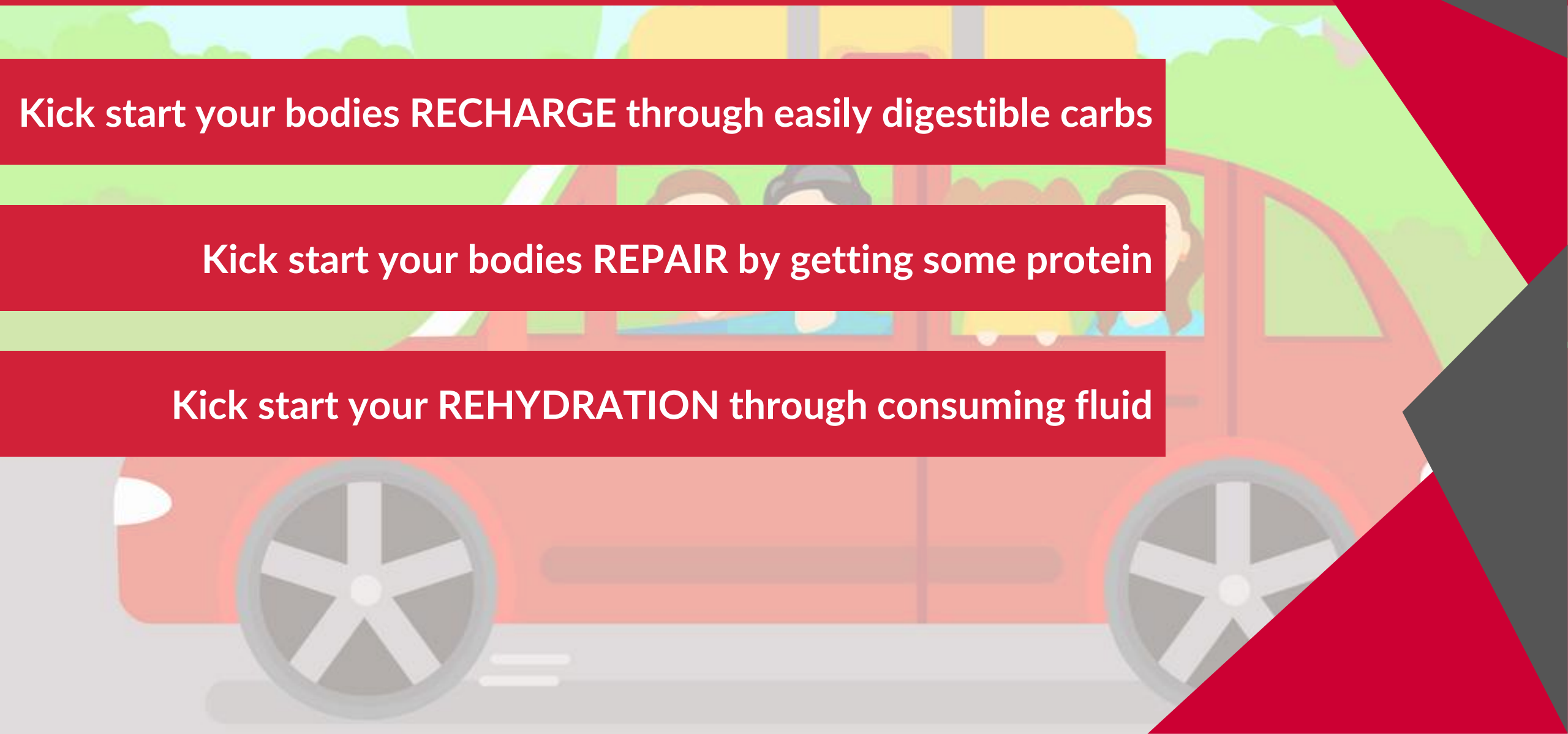



HOKA

PRACTICAL EXAMPLES



TRAVEL HOME AIMS



Kick start your bodies RECHARGE through easily digestible carbs

Kick start your bodies REPAIR by getting some protein

Kick start your REHYDRATION through consuming fluid

PRACTICAL EXAMPLES

TO HAVE ON THE WAY HOME – snack items to kick start recovery



















PRACTICAL EXAMPLES



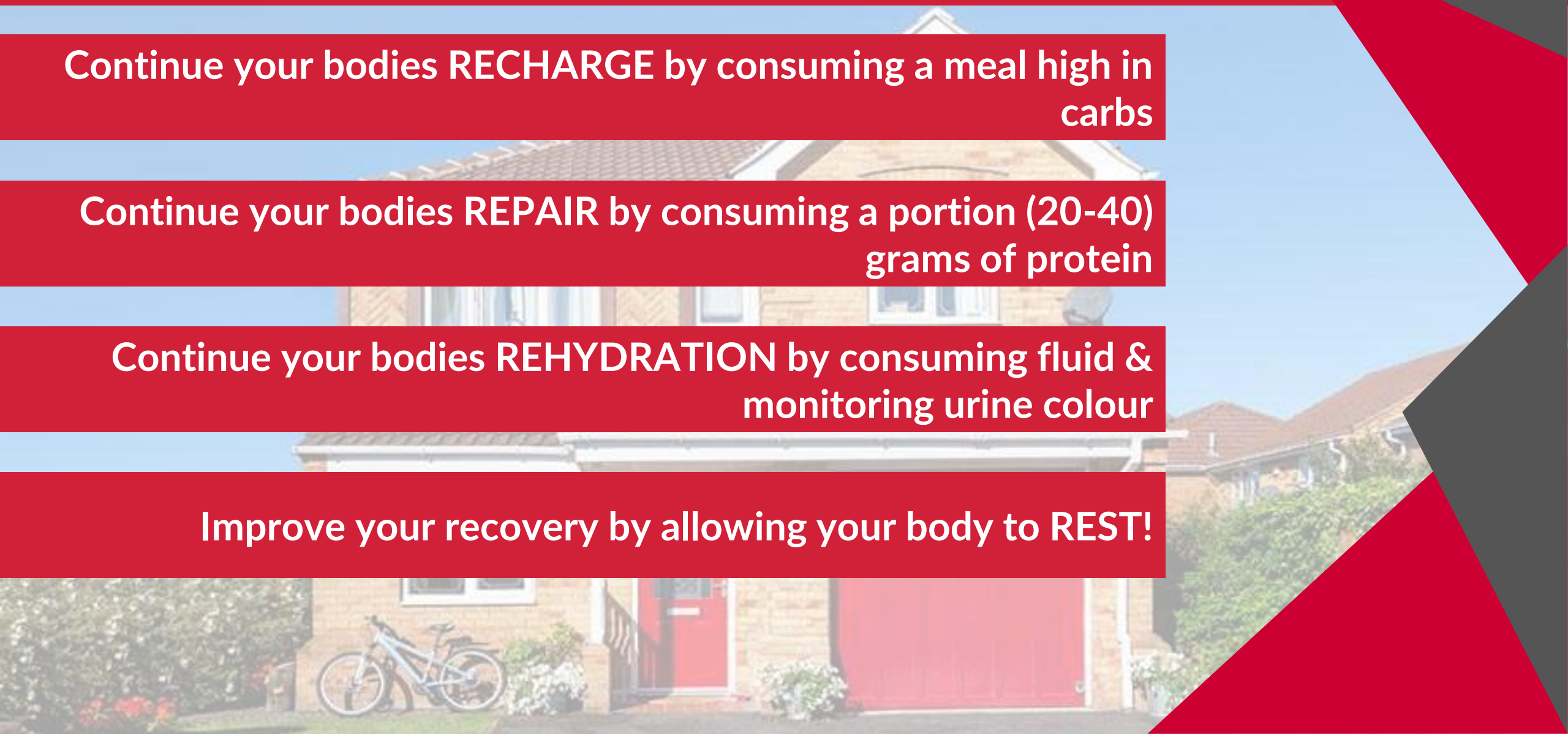
AT HOME AIMS

Continue your bodies RECHARGE by consuming a meal high in carbs

Continue your bodies REPAIR by consuming a portion (20-40) grams of protein

Continue your bodies REHYDRATION by consuming fluid & monitoring urine colour

Improve your recovery by allowing your body to REST!



PRACTICAL EXAMPLES

MAIN MEAL AT HOME– More substantial meals to facilitate optimal recovery









THERES NO RIGHT OR WRONG, SOMETHING THAT CONTAINS CARBS & PROTEIN. CONTINUE WITH REHYDRATION ASPECT OF RECOVERY TOO

PRACTICAL EXAMPLES

TIPS TO HELP PREPARE FOOD AT HOME









FUELHUB

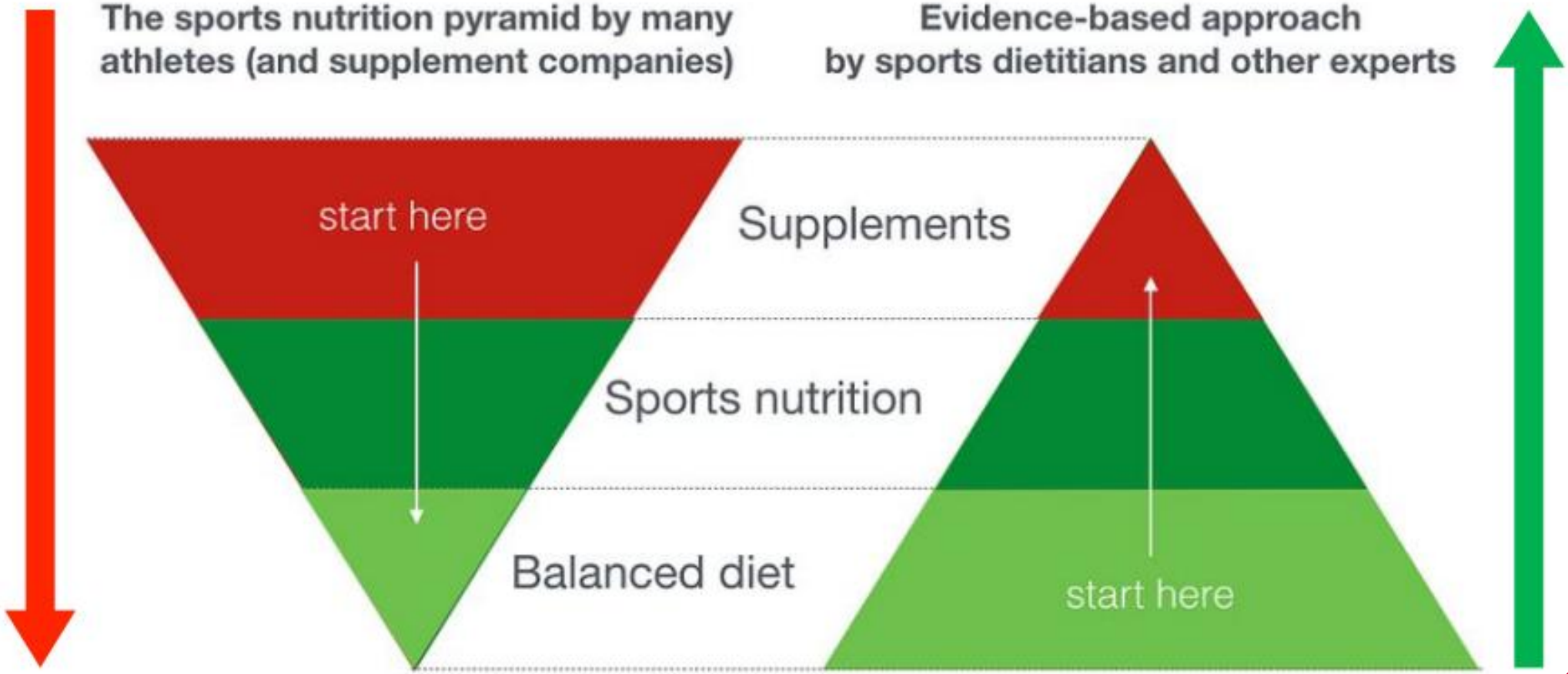






SUPPLEMENTS

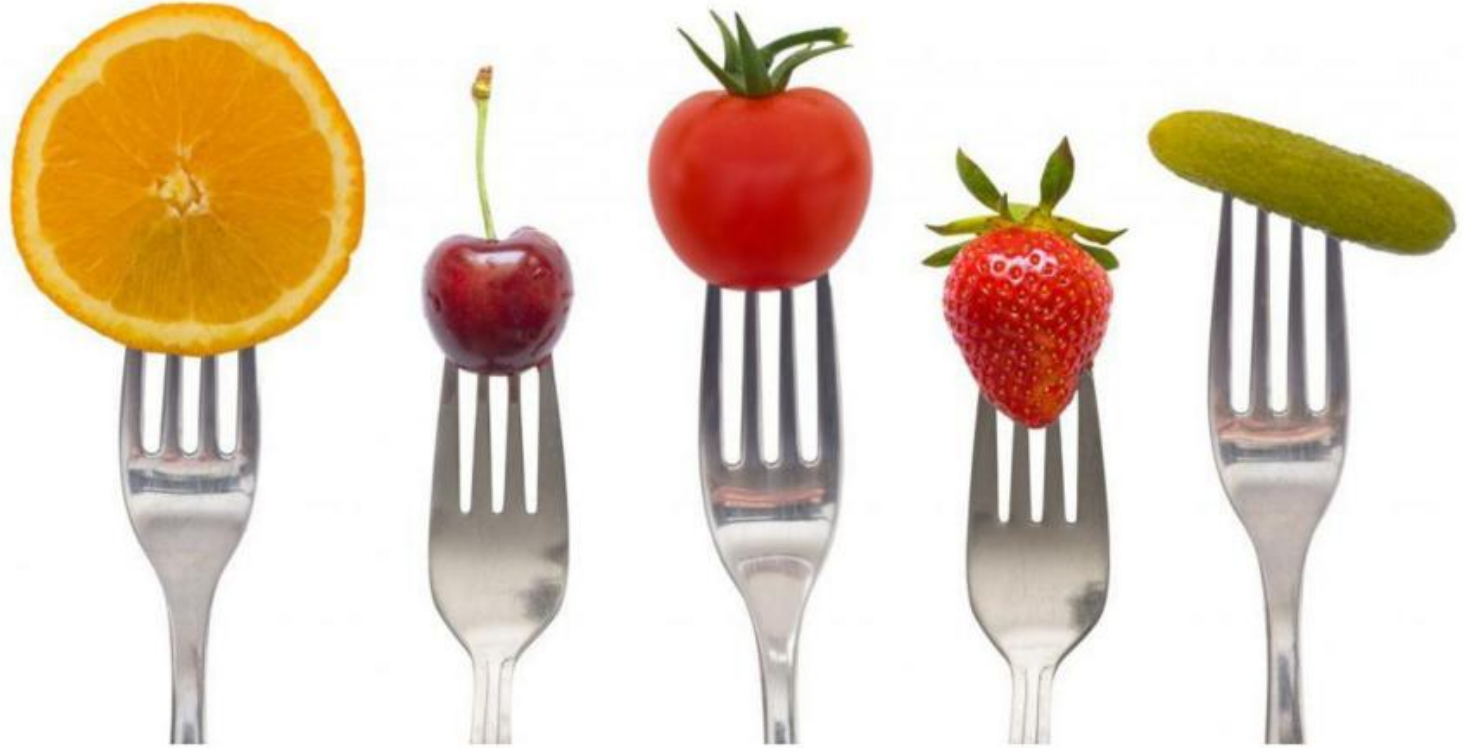
DO YOU NEED SUPPLEMENTS



DO YOU NEED SUPPLEMENTS



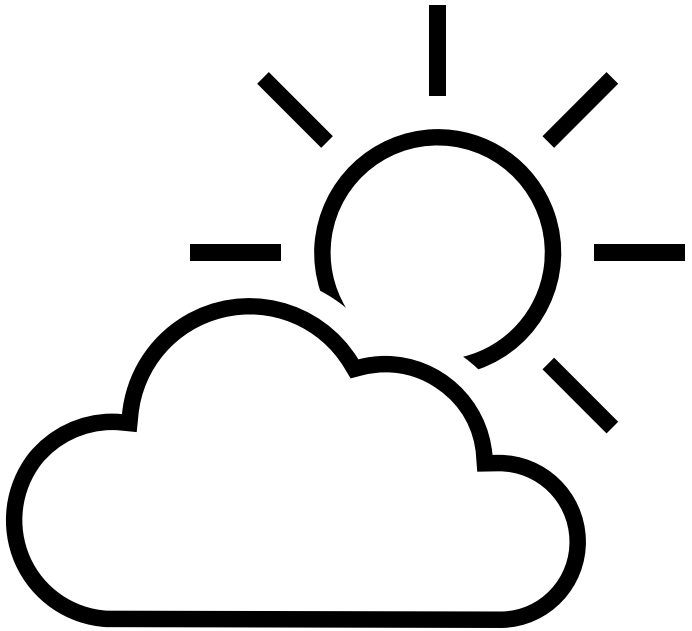
DO YOU NEED SUPPLEMENTS



"What you find at the end of your fork is more powerful than anything you'll find at the bottom of a pill bottle."

~Mark Hyman, M

ANY EXCEPTIONS?



Vitamin D supplement (October – March, 1,000 – 2000 IU)



Advice from a medical professional as a result of blood tests i.e. calcium / iron etc



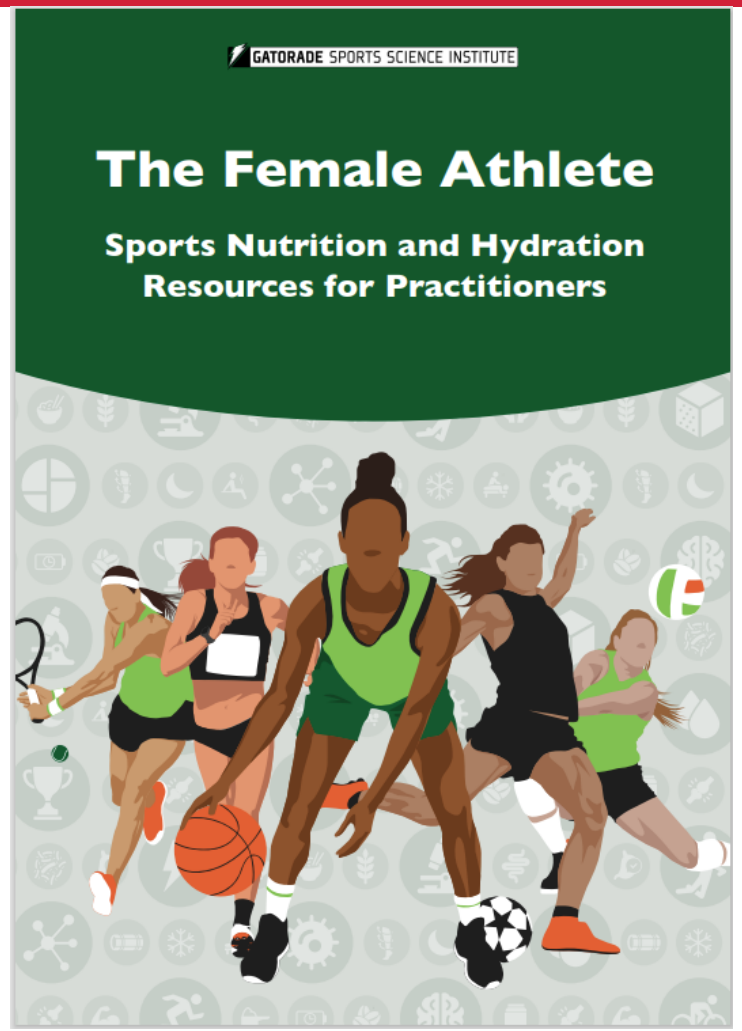
Salt stains on kit, suffer with cramp during exercise potential for electrolyte use

Informed sport supplements Nutrition X, Elite healthspan

Informed sport supplements: Elite healthspan

Informed sport supplements: Nutrition X, SIS, Elite healthspan, precision hydration

EXTRA RESOURCES



This resource has a lot of nutrition information that we have covered in this talk and much more. Whilst it says for the female athlete, it is applicable for all athletes with clear female considerations made in each section.

sports-nutrition-hydration-female-athletes-full-book.pdf

SESSION FEEDBACK

EA Parents Camp 1 (Oct 2026) feedback

Please scan the code and leave some feedback

ANY QUESTIONS?

ENGLAND ATHLETICS

Thank you