

# Food for Basketball Performance

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# NUTRITION GOALS

- ▶ Nutrition for:
  - ▶ Fitness
    - ▶ Strength, speed, power, agility, endurance
  - ▶ Growth
  - ▶ Health
    - ▶ Immune system
    - ▶ Mental health
  - ▶ Performance
    - ▶ Fuel to train and play
    - ▶ Recovery
    - ▶ *Shooting accuracy*

# TODAY



Fuel and energy levels



Recovery nutrition



Hydration



What do NBL players do?

# ENERGY LEVELS

- ▶ Timing of meals
- ▶ Snacks vs. proper meals
  - ▶ Busy lifestyles
- ▶ Inadequate:
  - ▶ carbohydrate
  - ▶ protein
  - ▶ fluid
- ▶ Vitamin or mineral deficiencies
  - ▶ eg. Iron



# Energy Levels

▶ QUESTION:

*What is the one thing about nutrition that you wish you knew when you were 17, and might have done differently?*

KYLE ADNAM  
South East Melbourne Phoenix

*'Understanding the quality of food and quite simply the difference in energy levels. I had days where I felt energetic and others I felt less, and I thought that was purely because I may have been tired.*

*With a pretty simple shift in food quality and nutrition, the general fatigue was minimised and I felt more energetic.*

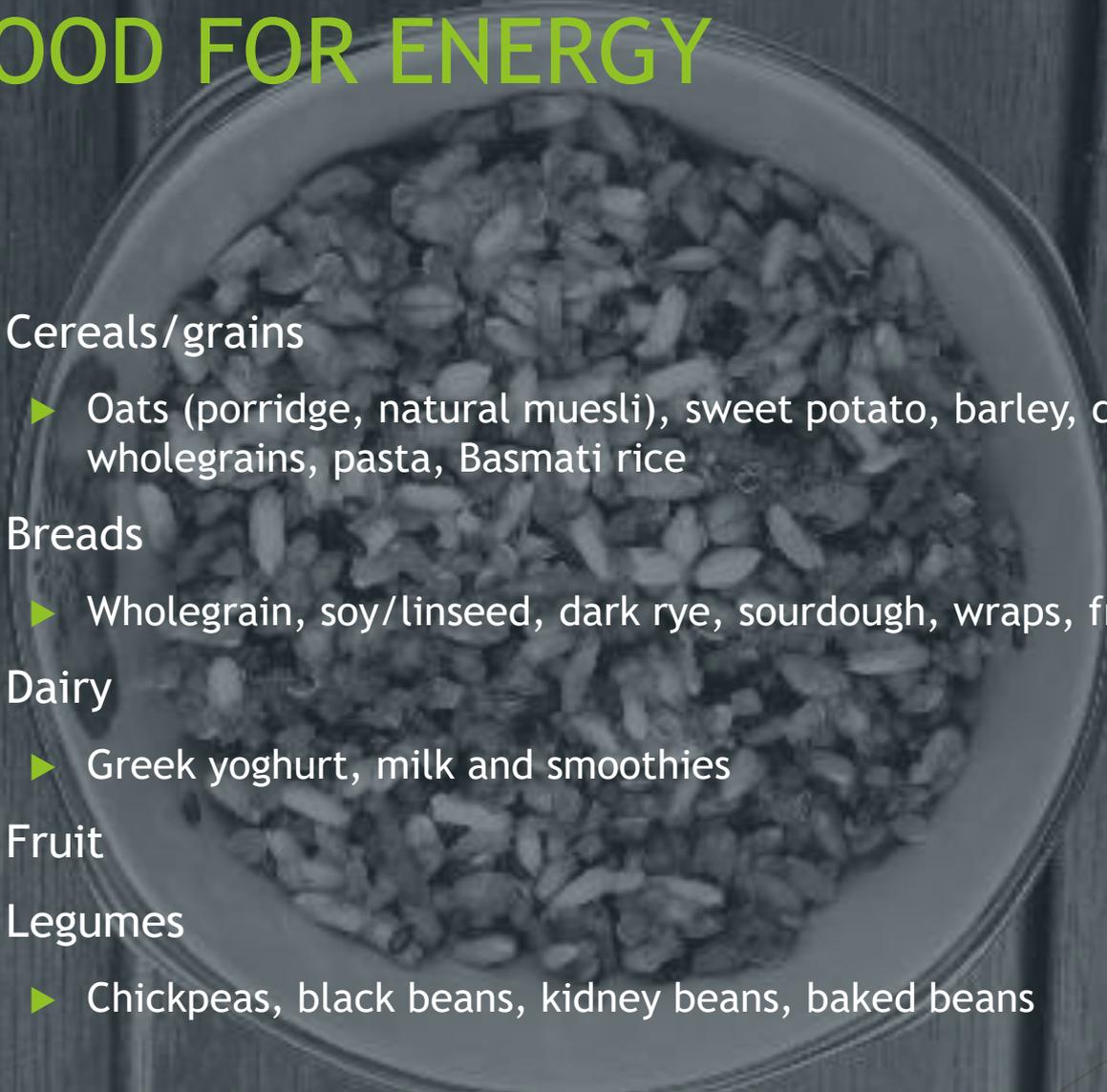
*I wish I had been doing it since I was a kid'.*

# CARBOHYDRATES

- ▶ Carbohydrate is preferentially used by brain and muscle for fuel
- ▶ *Adequate carbohydrate intake:*
  - ▶ *maintain blood glucose levels*
  - ▶ *increase glycogen storage*



# FOOD FOR ENERGY

A top-down view of a white ceramic bowl filled with almonds, resting on a dark grey wooden surface. The bowl is centered in the upper half of the frame. The background is a dark grey wood grain, and the right side of the image features a green geometric graphic element.

## ▶ Cereals/grains

- ▶ Oats (porridge, natural muesli), sweet potato, barley, quinoa, wholegrains, pasta, Basmati rice

## ▶ Breads

- ▶ Wholegrain, soy/linseed, dark rye, sourdough, wraps, fruit bread

## ▶ Dairy

- ▶ Greek yoghurt, milk and smoothies

## ▶ Fruit

## ▶ Legumes

- ▶ Chickpeas, black beans, kidney beans, baked beans

# OPTIMAL ENERGY LEVELS

Essential to eat  
regularly!

Carbohydrate

- Timing
- Absorption

Protein

- Recovery
  - Indirect impact on energy
- Satiety

# FOODS FOR GROWTH AND STRENGTH

- ▶ Meat, chicken, fish
- ▶ Eggs
- ▶ Milk, yoghurt, cheese
- ▶ Baked beans, legumes
- ▶ Tofu and soy products
  - ▶ *Almond, rice, coconut and oat milks contain no protein*
- ▶ Nuts/seeds

## *Muscle recovery and growth*

- ▶ Post-training
- ▶ Spread over day!

# Higher protein snacks

- ▶ Natural/Greek yoghurt with nuts/seeds
- ▶ Tuna mixed with 3-bean mix, corn and rice
- ▶ Fruit Smoothie
- ▶ Ricotta cheese with smoked salmon on rice/corn thins
- ▶ Creamed rice with nuts and berries
- ▶ Hommus with vegetables and wholegrain dry biscuits
- ▶ Mountain bread wrap with chicken/salad
- ▶ Boiled eggs
- ▶ Chic Nuts
- ▶ Sashimi
- ▶ Beef jerky/biltong
- ▶ Bircher muesli
- ▶ Soup (with legumes, chicken or meat)

# Night Before Games

- ▶ Include carbohydrates
  - ▶ Don't necessarily need to 'load'
- ▶ Fluid
  - ▶ Sip, don't overhydrate
- ▶ Savoury vs sweet snacks
  - ▶ Especially if heavy sweater

# PRE-GAME MEAL

## General guidelines:

- ▶ 2-4 hours pre-game
- ▶ Include carbohydrate, small amount of protein, low fat
- ▶ Low to moderate fibre
- ▶ Include at least 300-500ml fluid
- ▶ ***INDIVIDUAL PREFERENCES!***

# CHRIS GOULDING

## Melbourne United

### ▶ QUESTION:

*What is the one thing about nutrition that you wish you knew when you were 17, and might have done differently?*

- ▶ *'I just wish I had a better understanding of what foods and fluids my body responds well to and what I feel is best for me before training and games. But that comes with experience'.*

# Pre-Game

## HOME/SCHOOL

- ▶ Breakfast **NORMAL** time
- ▶ Lunch and snacks
- ▶ Sip fluid consistently

## PRE-GAME MEAL

### AT THE STADIUM

- ▶ Fluid
  - ▶ Individual bottle
- ▶ Food?
  - ▶ Fruit, sandwiches
  - ▶ *Steph Curry - Peanut butter and 'jelly' sandwiches*
  - ▶ Lollies?!?!?!?!?



# PRE-GAME MEAL IDEAS

- ▶ Chicken and avocado sandwich
- ▶ Tuna and salad wrap
- ▶ Chicken and vegetable noodle stir-fry
- ▶ Salmon, sweet potato and vegetables
- ▶ Rice with chicken/fish and vegetables
- ▶ Baked sweet potato with salad/low-fat cheese
- ▶ Porridge with yoghurt/berries
- ▶ Fruit smoothie
- ▶ Toast with vegemite!



# Recovery nutrition

- ▶ **Priorities:**
  - ▶ **Replenish** fuel stores
    - ▶ Muscle and liver glycogen (carbohydrate)
  - ▶ **Repair** muscle damage to promote muscle adaptation and growth
  - ▶ **Replace** fluid and electrolyte losses
  - ▶ **Revitalise ??**

# Recovery Meal

- ▶ CARBOHYDRATE - FUEL

- ▶ Rice, quinoa, noodles, potato, sweet potato, pasta, bread

*plus*

- ▶ PROTEIN - MUSCLE

- ▶ Meat, fish, chicken, eggs, milk, cheese, yoghurt

*Plus*

- ▶ HEALTHY FATS - INFLAMMATION

- ▶ Avocado, nuts, fish, olive oil

- ▶ SODIUM - HYDRATION

- ▶ ANTIOXIDANTS, VITAMINS AND MINERALS - ENERGY

- ▶ Vegetables, fruit, herbs
- ▶ Wholegrains, nuts, seeds

- ▶ *The amount and combination of foods/fluids depends on:*

- ▶ *Type of exercise, duration, intensity, individual needs*

# Healthy Fats

- ▶ Olive oil
- ▶ Avocado
- ▶ Nuts/seeds
- ▶ Fish/seafood:
  - ▶ Omega-3 fats
    - ▶ Anti-inflammatory properties
      - ▶ Brain function
      - ▶ Memory
      - ▶ Joints/muscles
      - ▶ Performance?

# Supplements



Are supplements necessary?



AIS supplement program

# HYDRATION GOALS

- ▶ Performance may be effected with <math><2\%</math> dehydration
  - ▶ **Shooting accuracy**
  - ▶ **Fatigue**
- ▶ Start training hydrated
  - ▶ Impossible to catch up
- ▶ Drink consistently over the day
- ▶ Re-hydrate



# START HYDRATED!

▶ QUESTION:

What is the biggest nutrition change you have made and how has it helped?

# CHRIS GOULDING

## Melbourne United

- ▶ *‘Making sure I am well hydrated for each and every game, earlier on in my career I didn’t pay too much attention to this but I do now and believe it’s very important’.*

# DURING EXERCISE

- ▶ Fluid
- ▶ Sports drinks?
- ▶ Electrolytes?
  
- ▶ Website article:
  - ▶ *Hydration is important, but what is the role of sports drinks and electrolytes and who needs them?*

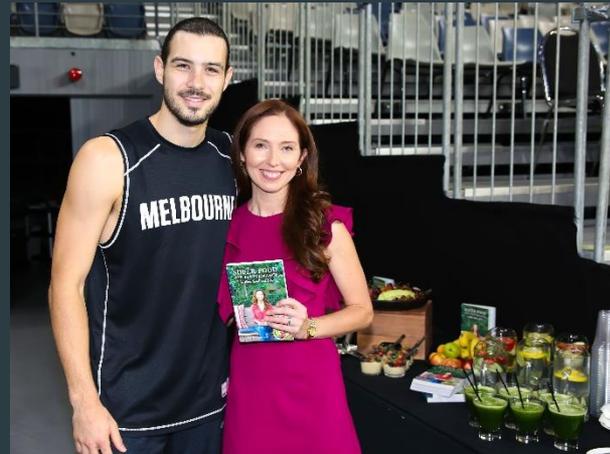
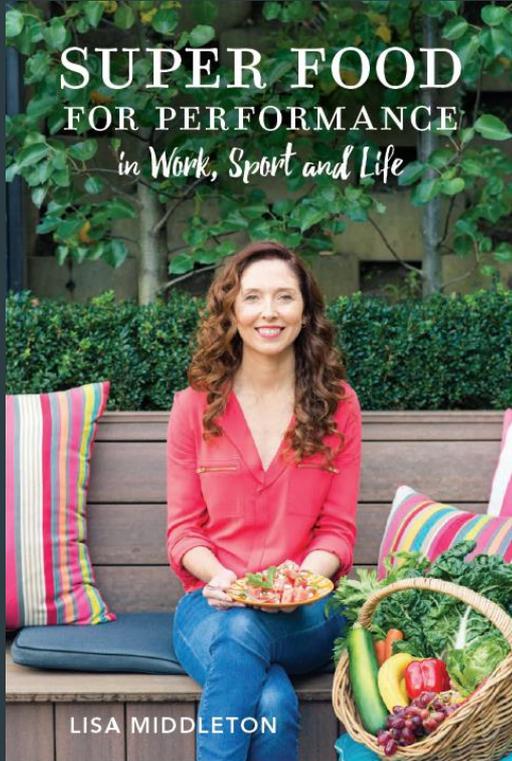
# GOALS

*What can you work on to make you a better athlete and better team mate?*

Nutrition for individual needs

Potential impact of your choices on team mates

*TEAM PERFORMANCE*





## Online resources:

- ▶ [www.lisamiddleton.com.au](http://www.lisamiddleton.com.au)
- ▶ [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)
- ▶ [www.ais.org.au](http://www.ais.org.au)
- ▶ [www.healthyfoodguide.com.au](http://www.healthyfoodguide.com.au)



## Online resources:

- ▶ Newsletter - leave your details on my website:
  - ▶ [www.lisamiddleton.com.au](http://www.lisamiddleton.com.au)
- ▶ Facebook, Instagram, Twitter
- ▶ Linked In