

Eating for skill and concentration sports



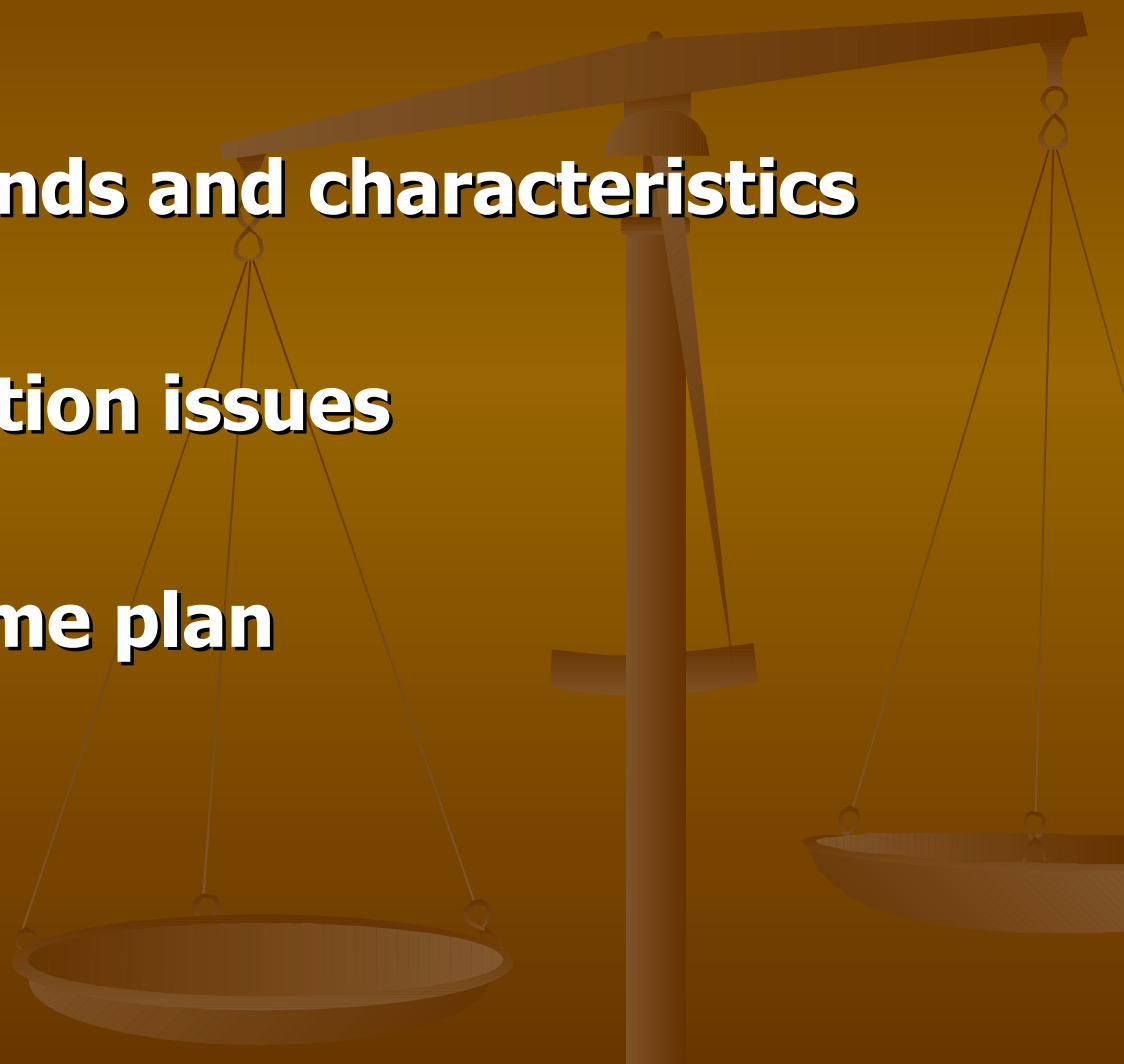


Eating for skill and concentration sports

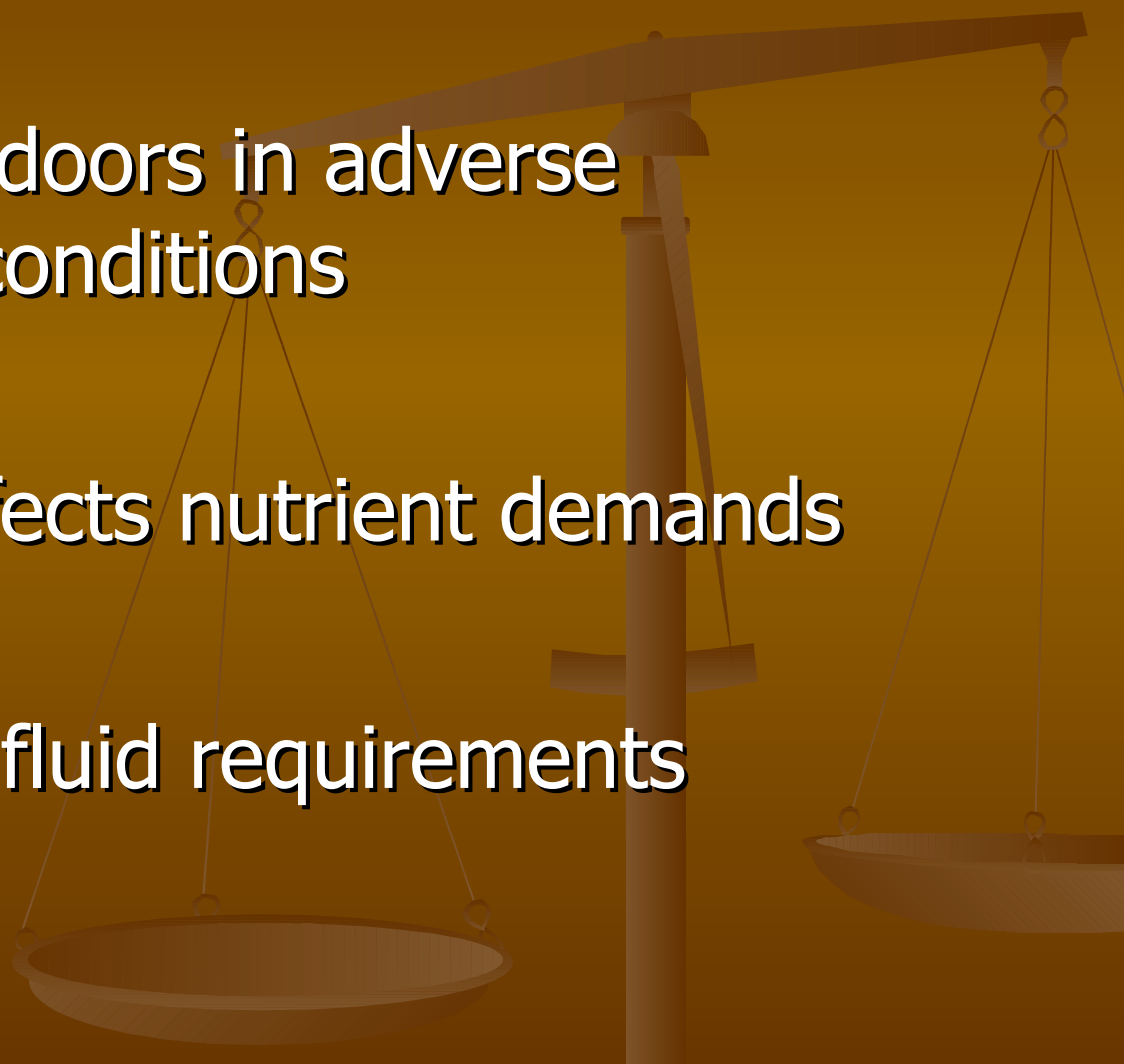
e.g. gliding, archery, fencing, golf,
lawn bowls, sailing and
waterskiing

Eating for skill and concentration sports

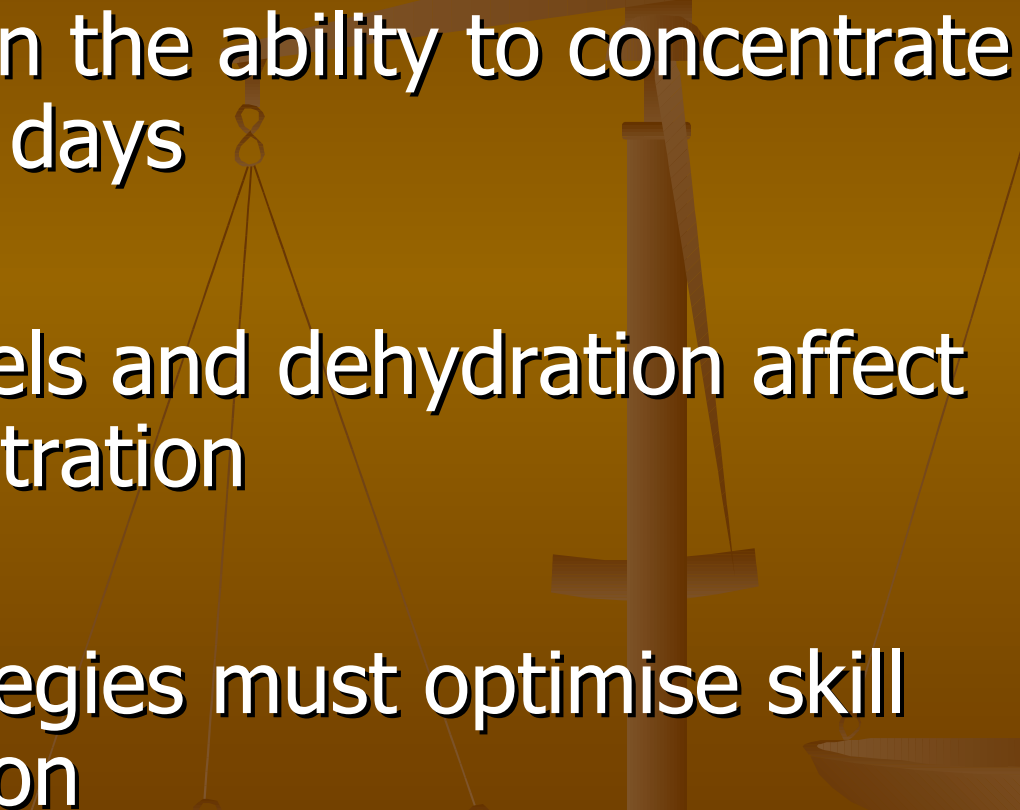
1. **Physical demands and characteristics**
2. **Common nutrition issues**
3. **Common nutrition issues**
4. **Common nutrition issues**
5. **Nutritional game plan**



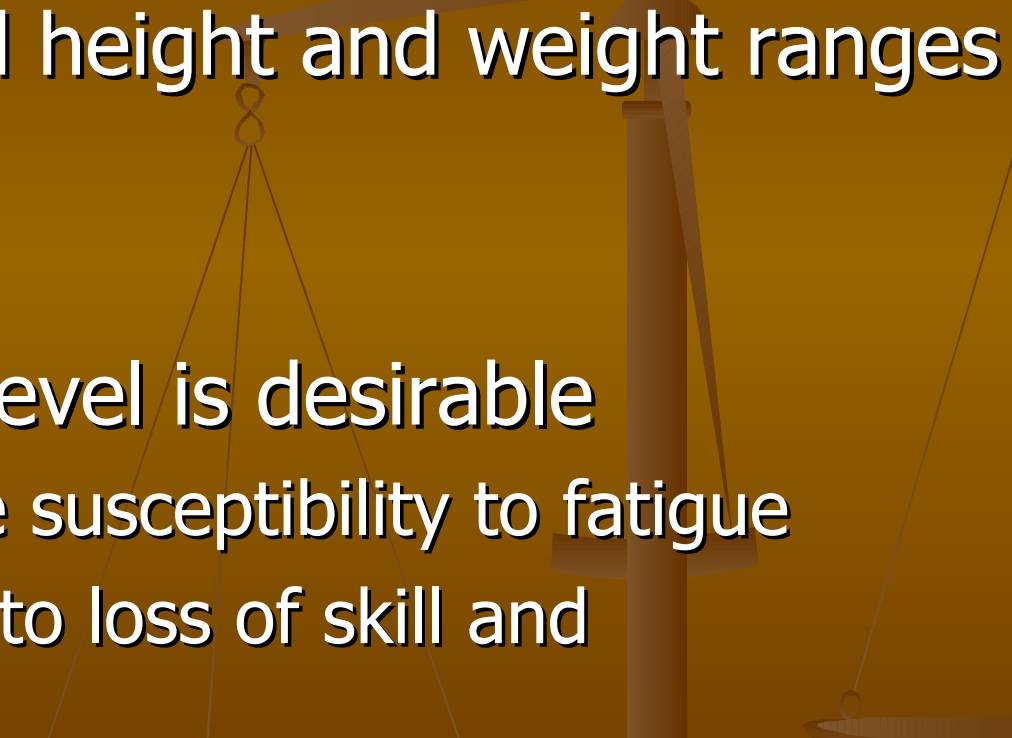
1 Physical demands and characteristics

- many hours outdoors in adverse environmental conditions
 - environment affects nutrient demands
 - clothing affects fluid requirements
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1 Physical demands and characteristics

- Success relies on the ability to concentrate fully over many days
 - Blood sugar levels and dehydration affect skill and concentration
 - Nutritional strategies must optimise skill and concentration
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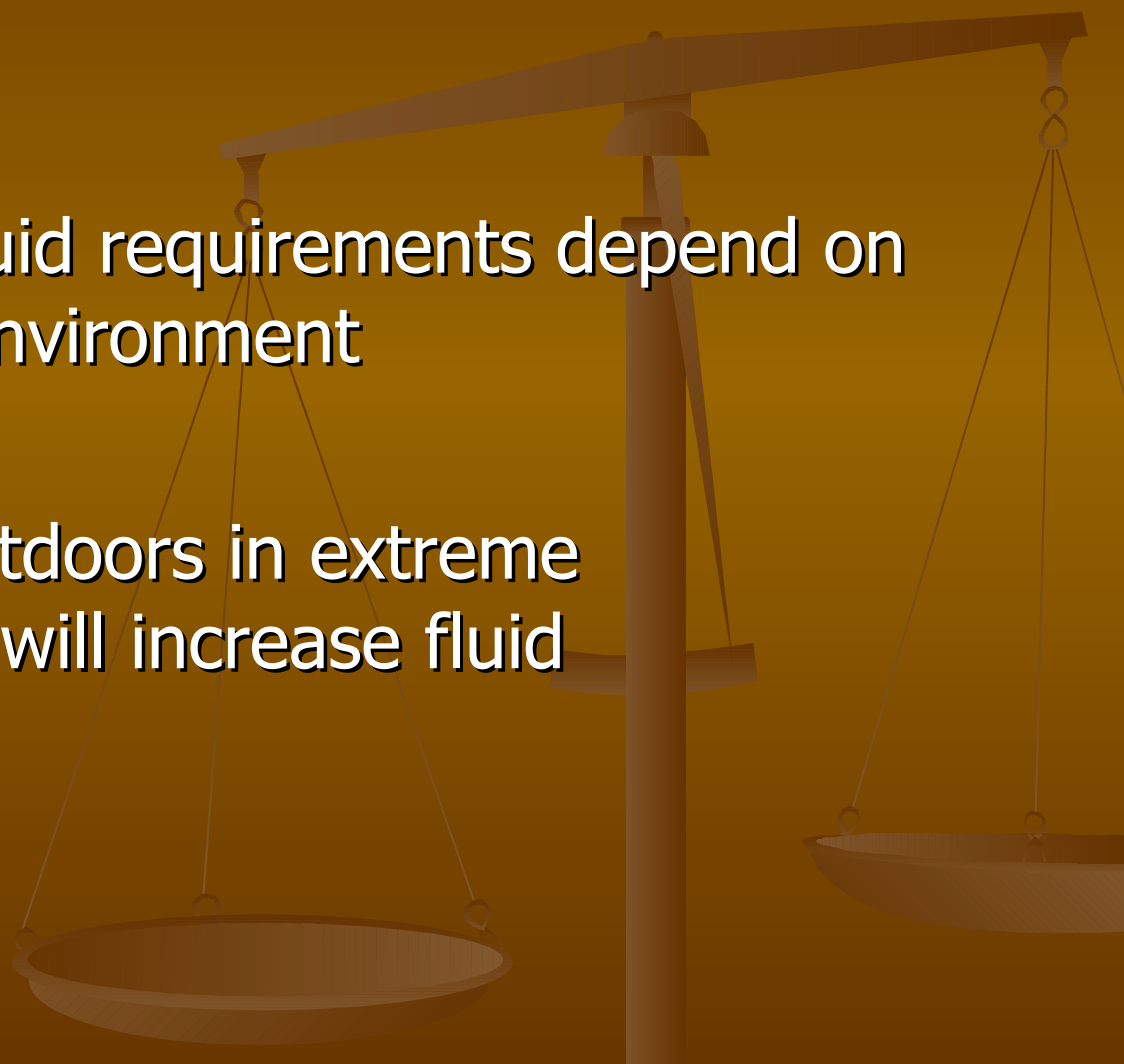
1 Physical demands and characteristics

- There are broad height and weight ranges among pilots
 - A low body fat level is desirable
 - it decreases the susceptibility to fatigue
 - which can lead to loss of skill and concentration
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2 Common nutrition issues

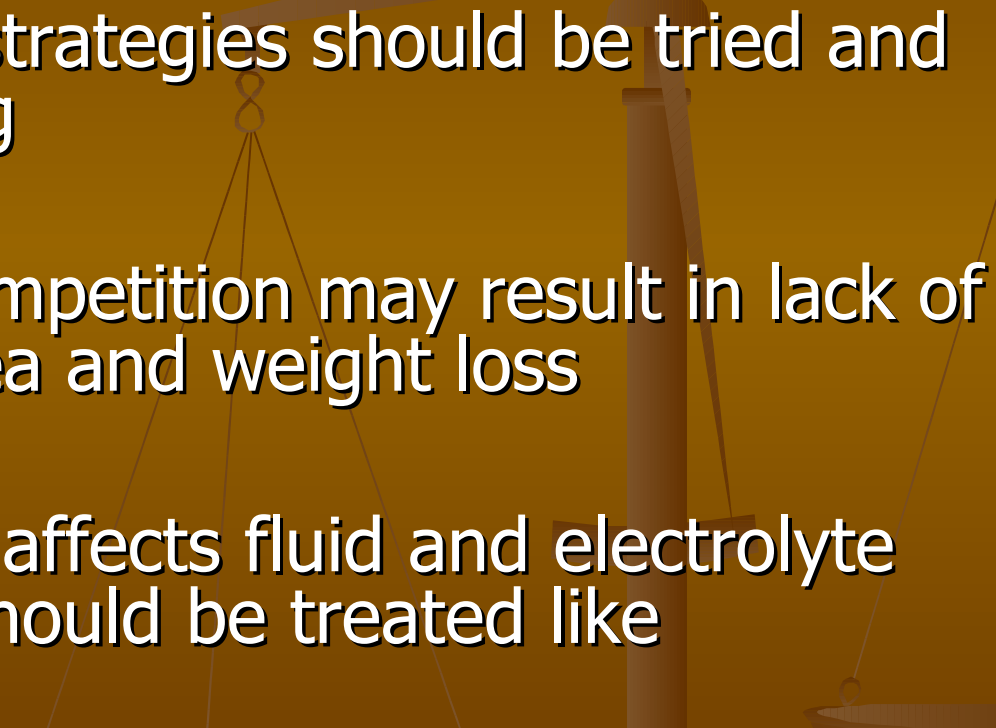
Environment

- Energy and fluid requirements depend on the outdoor environment
- Competing outdoors in extreme temperatures will increase fluid requirements



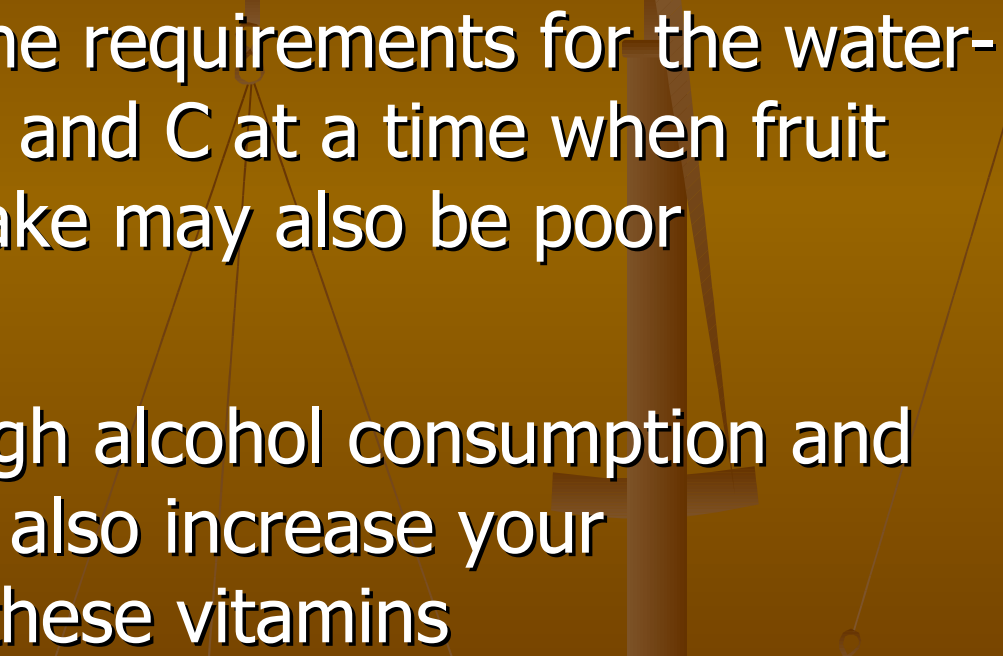
2 Common nutrition issues

Competition and training

- All competition strategies should be tried and tested in training
 - The stress of competition may result in lack of appetite, diarrhea and weight loss
 - Diarrhea in turn affects fluid and electrolyte balance which should be treated like dehydration
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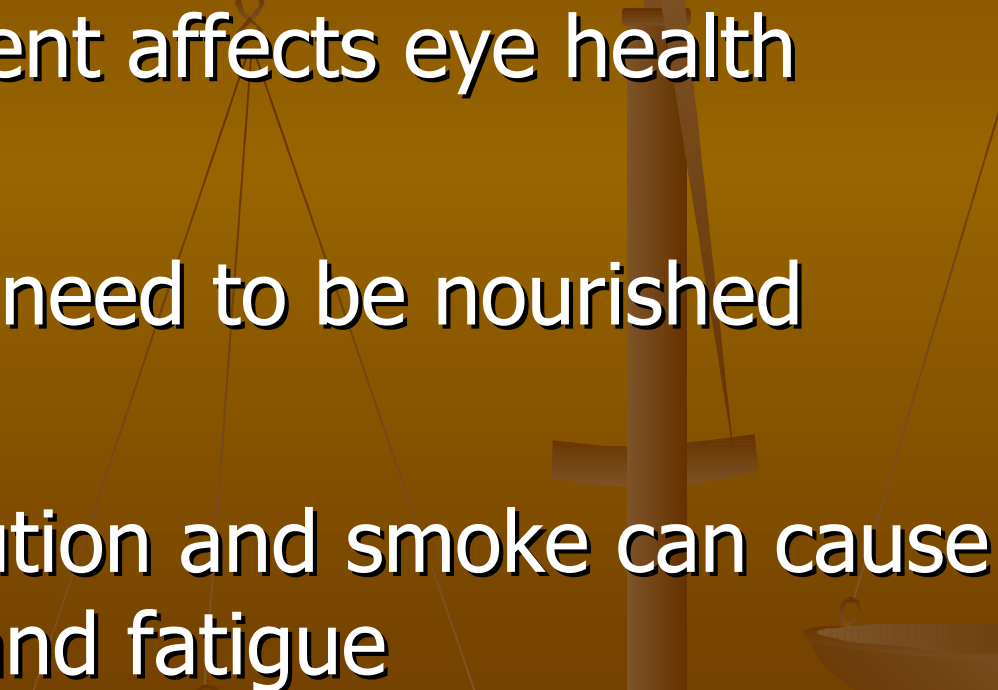
2 Common nutrition issues

Competition and training

- Stress increases the requirements for the water-soluble vitamins B and C at a time when fruit and vegetable intake may also be poor
 - Stress relief through alcohol consumption and cigarette smoking also increase your requirements for these vitamins
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2 Common nutrition issues

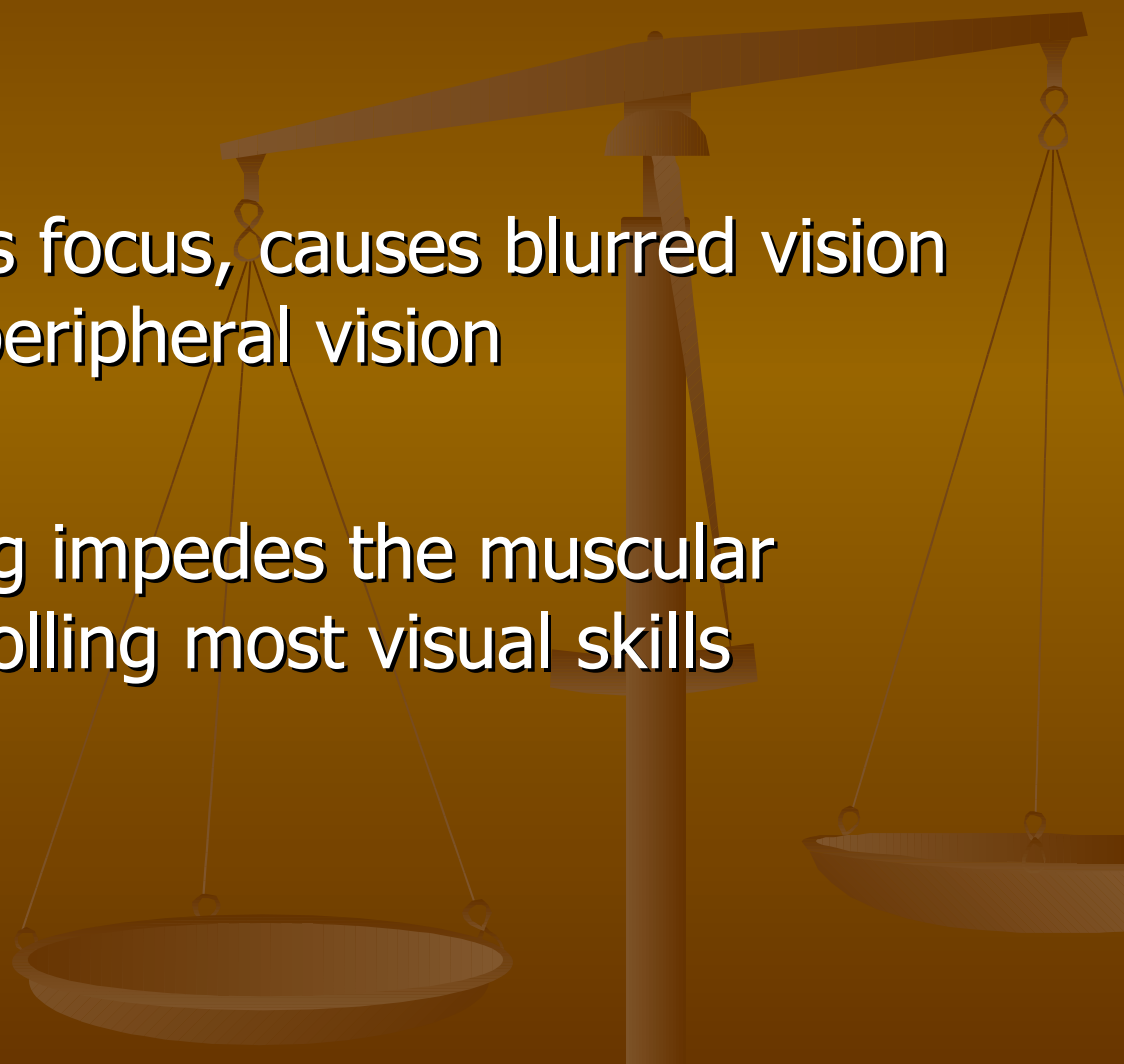
Vision

- The environment affects eye health
 - The eyes also need to be nourished
 - Glare, air pollution and smoke can cause eye irritation and fatigue
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2 Common nutrition issues

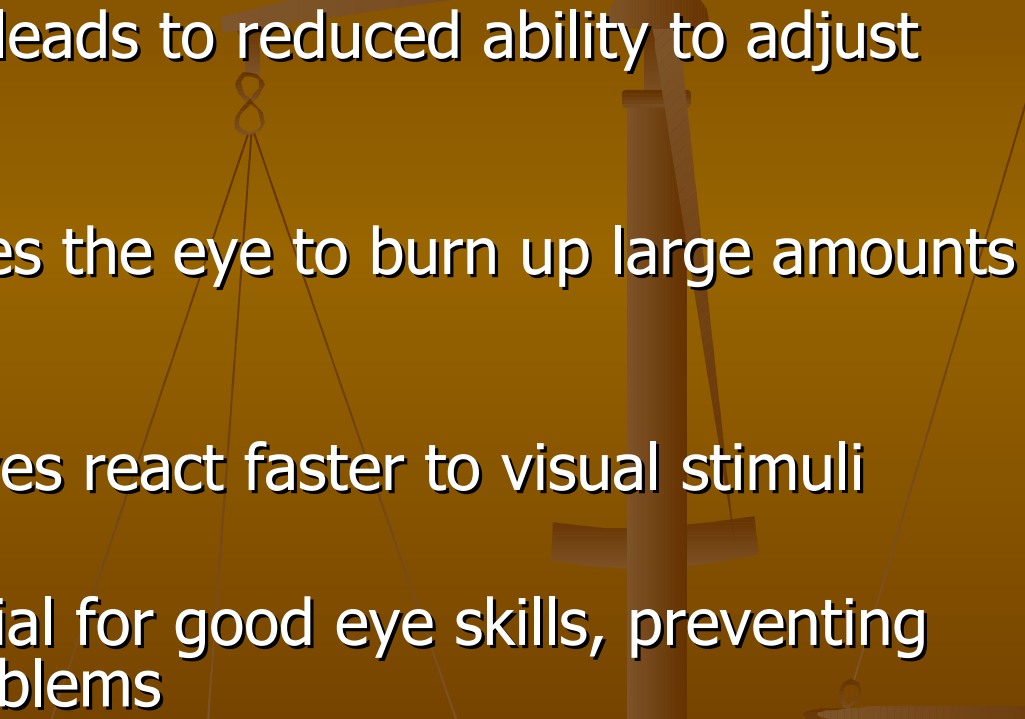
Vision

- Alcohol affects focus, causes blurred vision and reduces peripheral vision
- Heavy drinking impedes the muscular reflexes controlling most visual skills



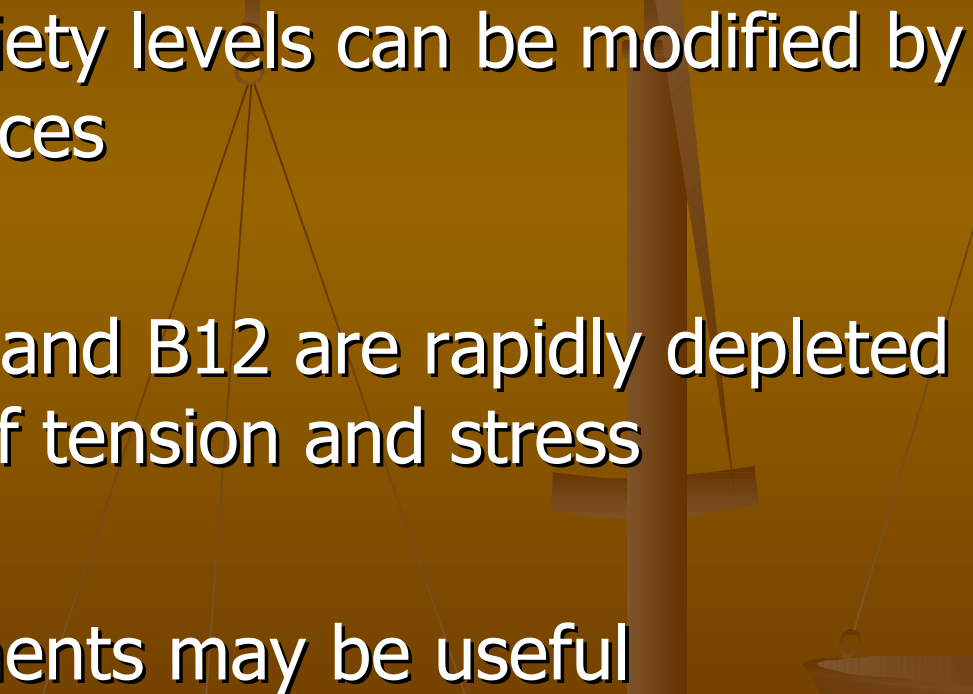
2 Common nutrition issues

Vision

- Vitamin A deficiency leads to reduced ability to adjust from dark to light
 - The sun's glare causes the eye to burn up large amounts of Vitamin A
 - Healthy nourished eyes react faster to visual stimuli
 - A good diet is essential for good eye skills, preventing and curing visual problems
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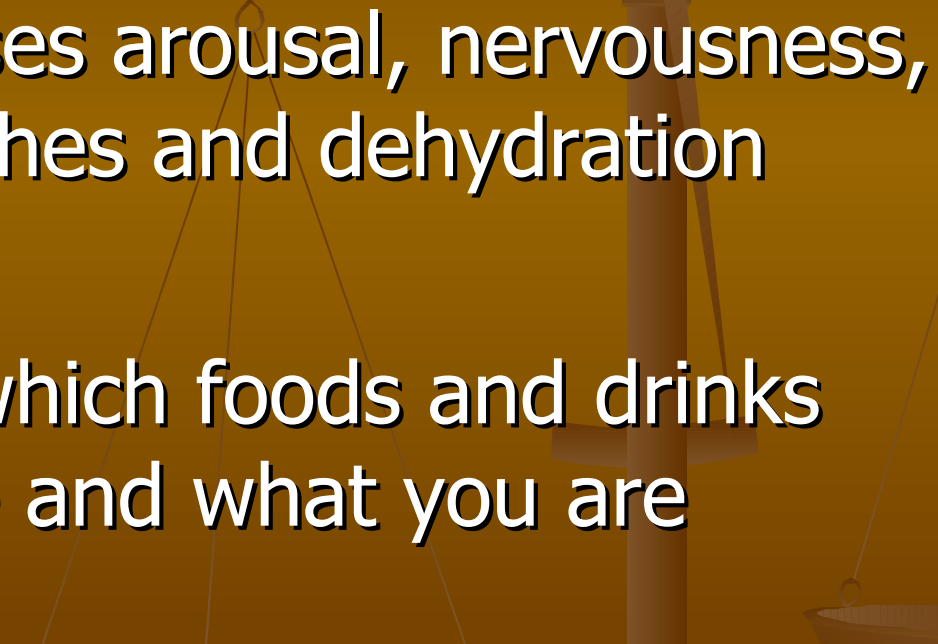
2 Common nutrition issues

Concentration

- Arousal and anxiety levels can be modified by nutritional practices
 - Vitamins B1, B6 and B12 are rapidly depleted during periods of tension and stress
 - Vitamin supplements may be useful
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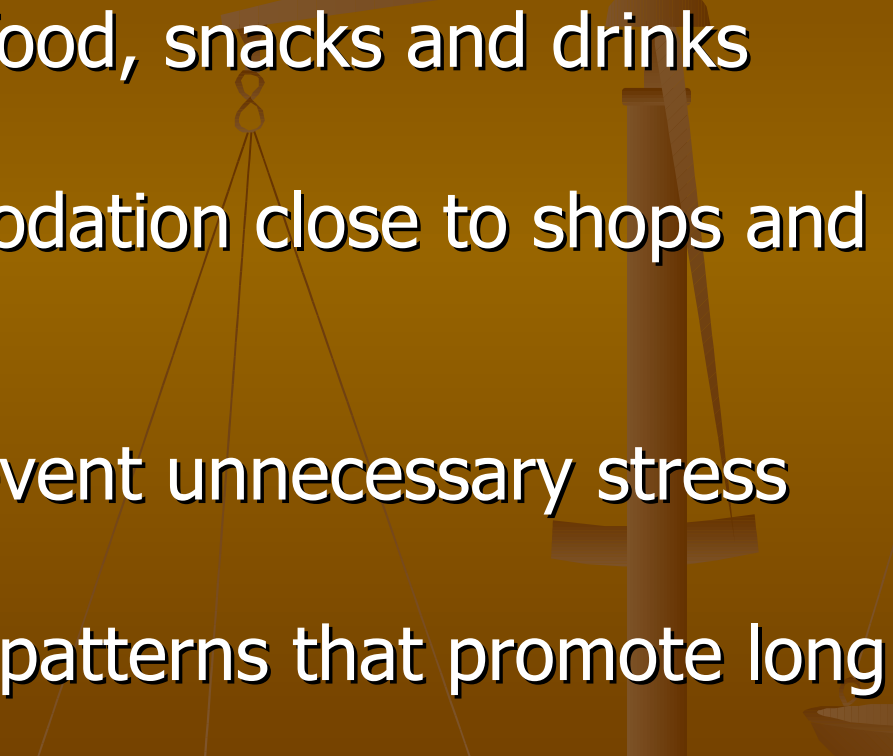
2 Common nutrition issues

Concentration

- Caffeine increases arousal, nervousness, anxiety, headaches and dehydration
 - Need to know which foods and drinks contain caffeine and what you are consuming
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3 Nutritional game plan

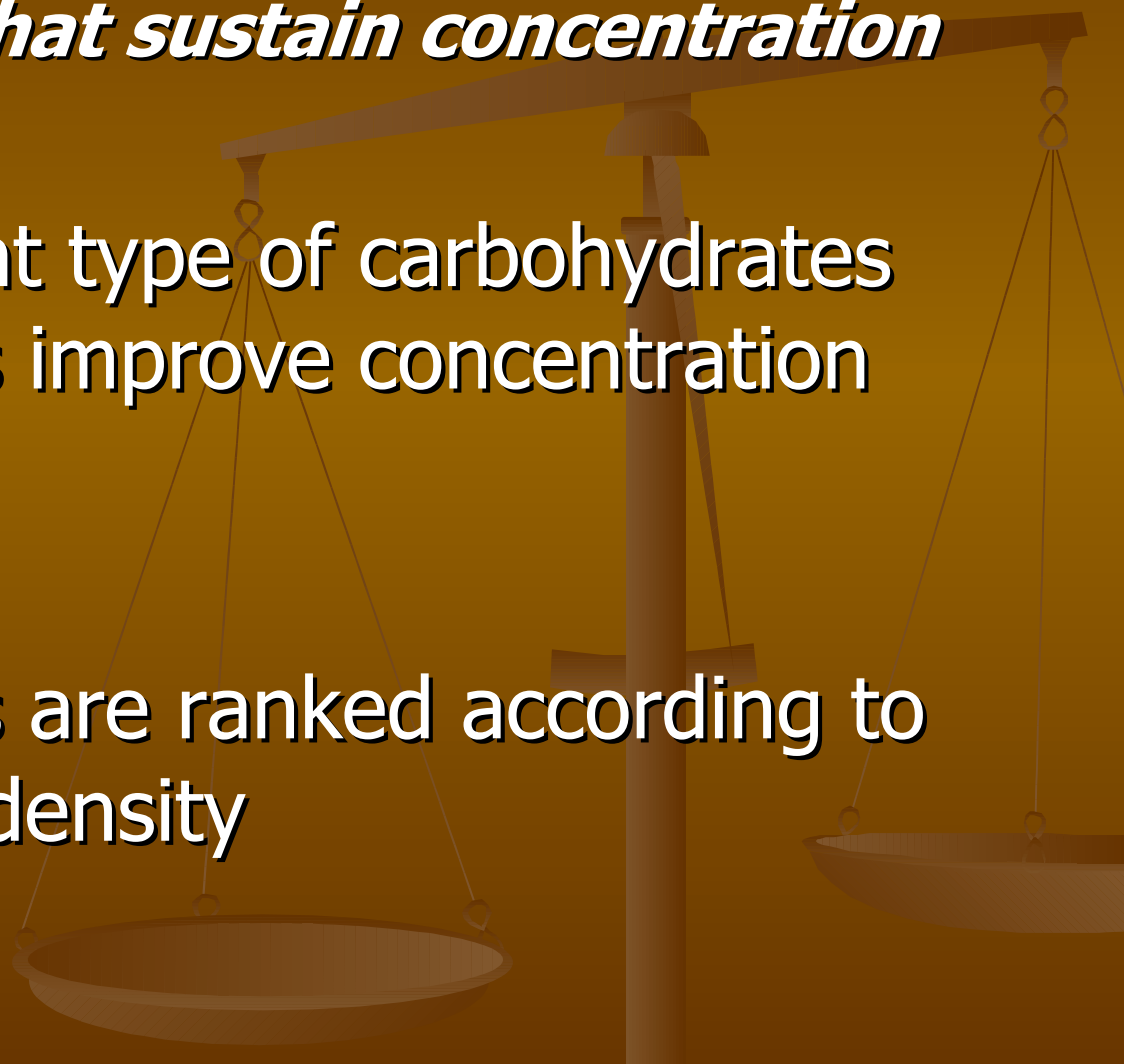
Be prepared – plan ahead of time

- Take your own food, snacks and drinks
 - Stay at accommodation close to shops and restaurants
 - Planning will prevent unnecessary stress
 - Establish eating patterns that promote long term health
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3 Nutritional game plan

Choose foods that sustain concentration

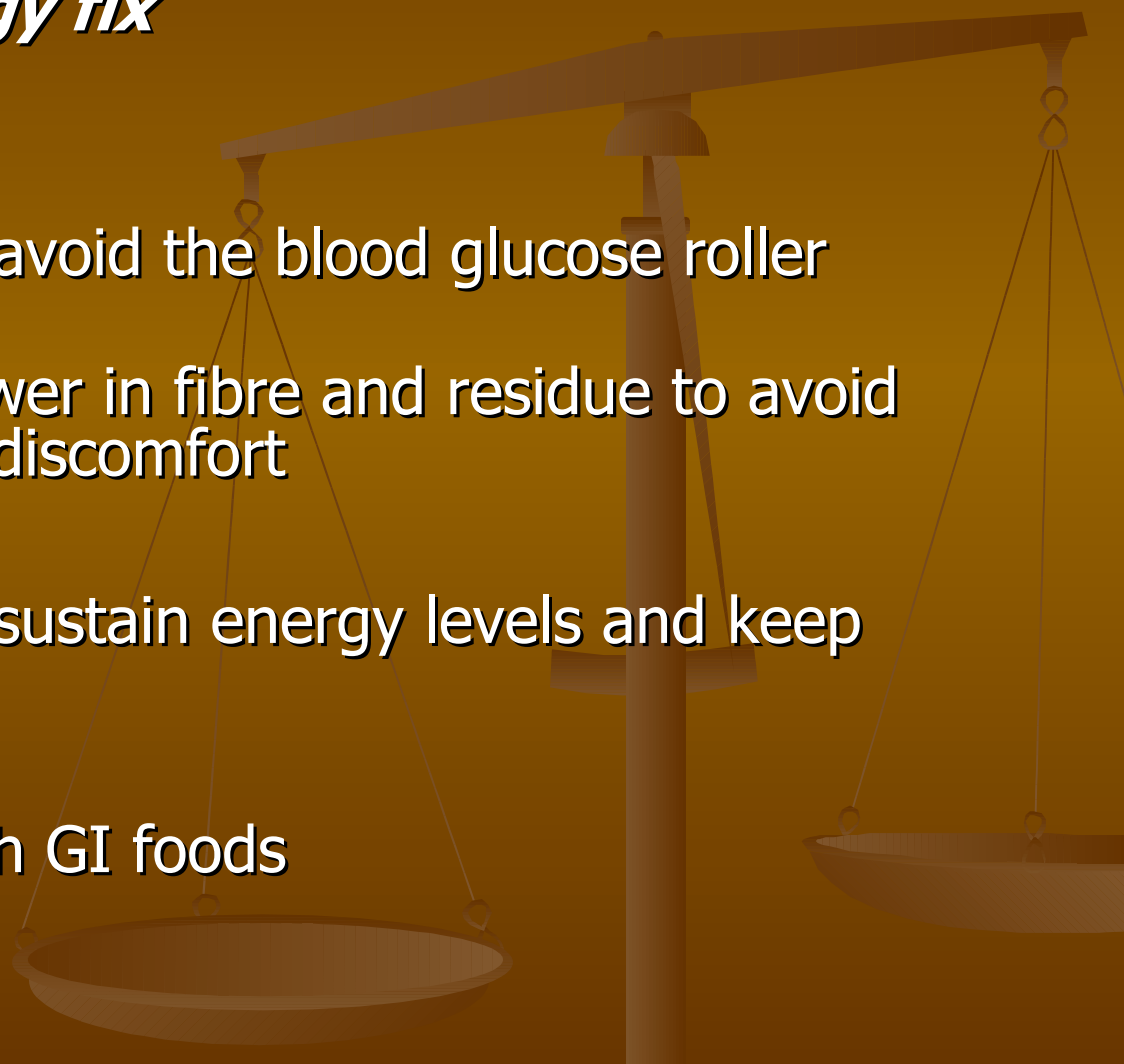
- Eating the right type of carbohydrates can help pilots improve concentration skills
- Carbohydrates are ranked according to their nutrient density



3 Nutritional game plan

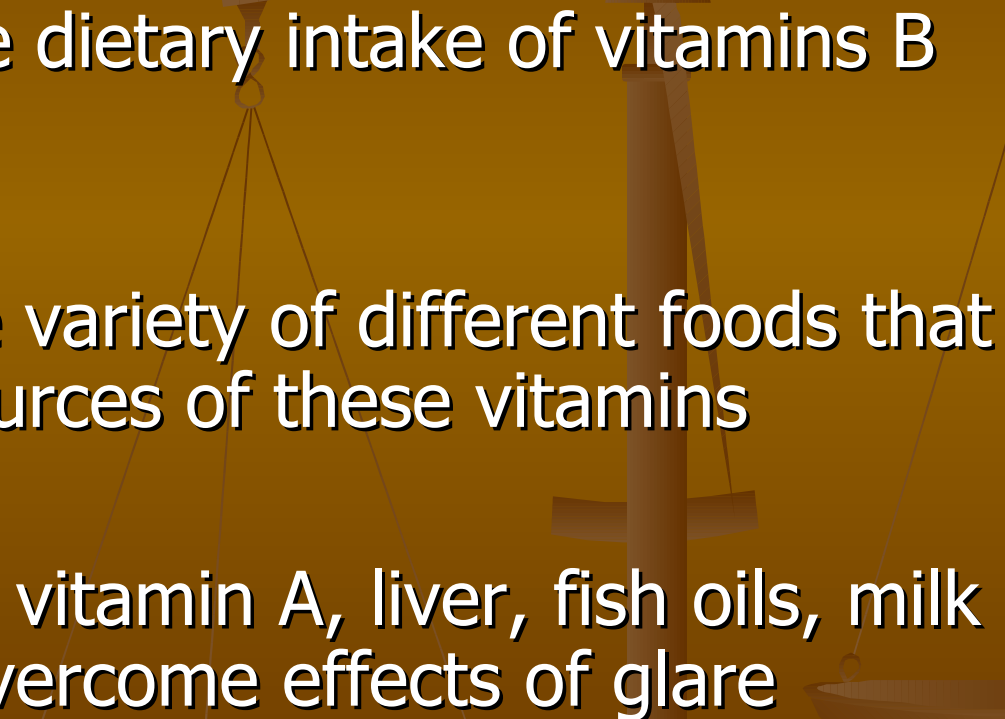
Slow or fast energy fix

- Pre-flight
 - low GI foods to avoid the blood glucose roller coaster
 - choose foods lower in fibre and residue to avoid gastrointestinal discomfort
- During flight
 - low GI foods to sustain energy levels and keep hunger at bay
- After flight
 - moderate to high GI foods



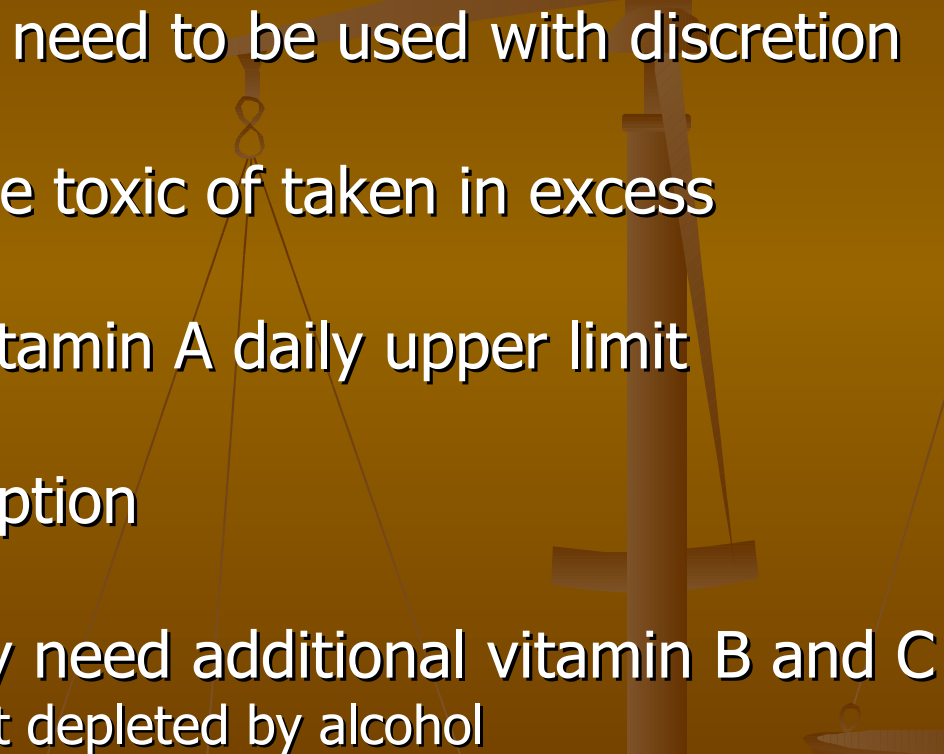
3 Nutritional game plan

Focus on eye nutrition

- Ensure adequate dietary intake of vitamins B and C
 - Consume a wide variety of different foods that provide good sources of these vitamins
 - Eat foods rich in vitamin A, liver, fish oils, milk and butter, to overcome effects of glare
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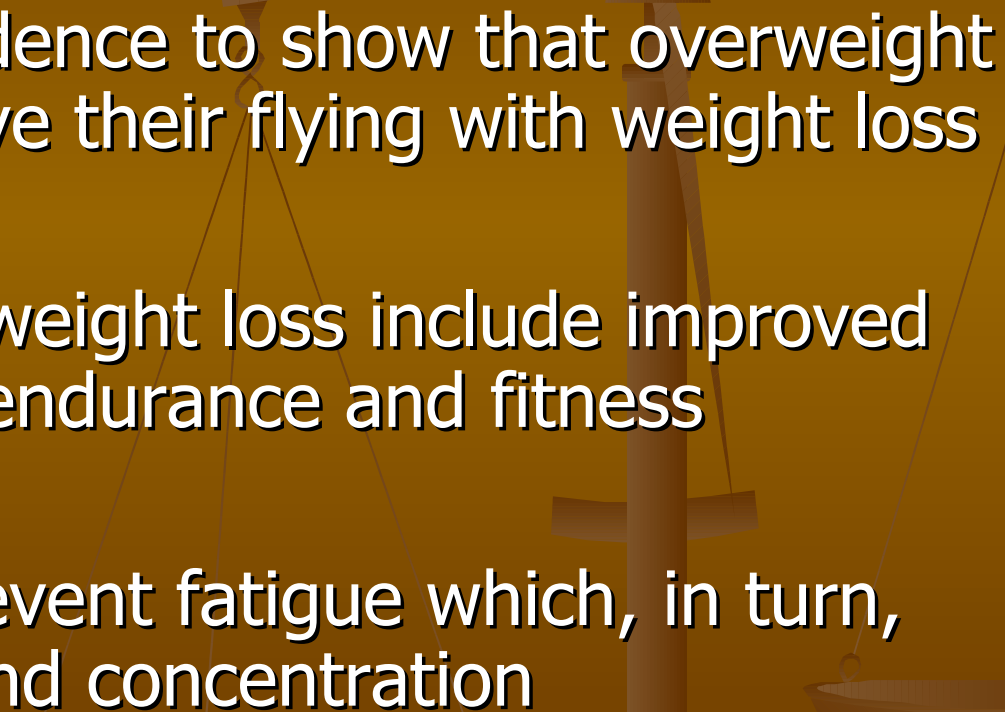
3 Nutritional game plan

Focus on eye nutrition

- Vitamin supplements need to be used with discretion
 - Vitamin A can become toxic if taken in excess
 - Do not exceed the Vitamin A daily upper limit
 - Limit alcohol consumption
 - If you drink, you may need additional vitamin B and C
 - the two vitamins most depleted by alcohol
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3 Nutritional game plan

Weight

- No scientific evidence to show that overweight pilots will improve their flying with weight loss
 - The benefits of weight loss include improved heat tolerance, endurance and fitness
 - This helps to prevent fatigue which, in turn, will affect skill and concentration
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Tips from the top



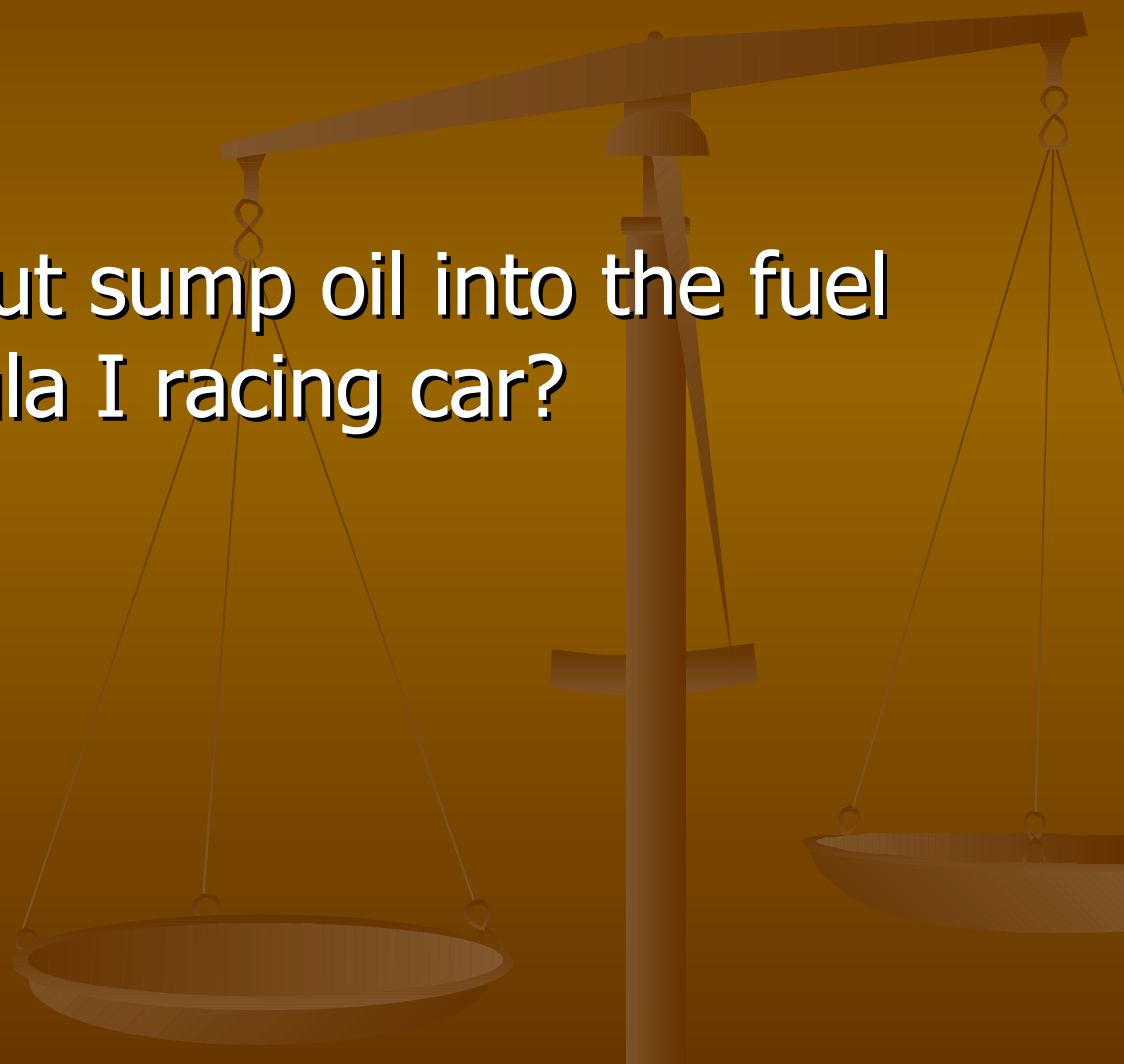
Tips from the top

- You are what you eat



Tips from the top

- Would Ferrari put sump oil into the fuel tank of a Formula I racing car?



Tips from the top

- Eat like a cave man



Tips from the top

- Don't eat anything white
 - Flour
 - Sugar
 - Salt
 - White bread
 - Cakes
 - White chocolate



Tips from the top

- There is no disease or medical condition known to mankind that is improved by being overweight



Tips from the top

- I'm not over weight, I'm just under tall
 - Garfield



Tips from the top

- Variety
- Balance
- Moderation

