



Eating to build muscles

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How to apply healthy eating to individual?

Will vary depending of:

- Gender/ body type
- Age
- Type of sport/ training
- Budget / lifestyle
- Knowledge and education level
- Others



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Use small amounts



Fruit

Only sometimes and in small amounts



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



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Milk and yoghurt



Hummus



Nuts and seeds

Poultry





What did you eat yesterday?

Take few minutes to fill in the
blank AGTHE

Example of daily meal plan

2 poached eggs on toast (2) with tomatoes and mushrooms Pro=26 g

30 g unsalted nuts with a piece of fruit and 1 slice cheese Pro= 20 g

1 Tuna (95 g), salad MG sandwich with small tub yoghurt Pro= 42 g

Hummus (40 g), MG crackers, cheese (40 g)& vegies sticks Pro=15 g

Chicken with rice and steamed vegetables & glass of milk Pro= 31 g

Bowl of weetbix (2-3) with milk, yoghurt and banana Pro=17 g

Total: 151 g

(85 kg X1.8 g/kg= 153g)

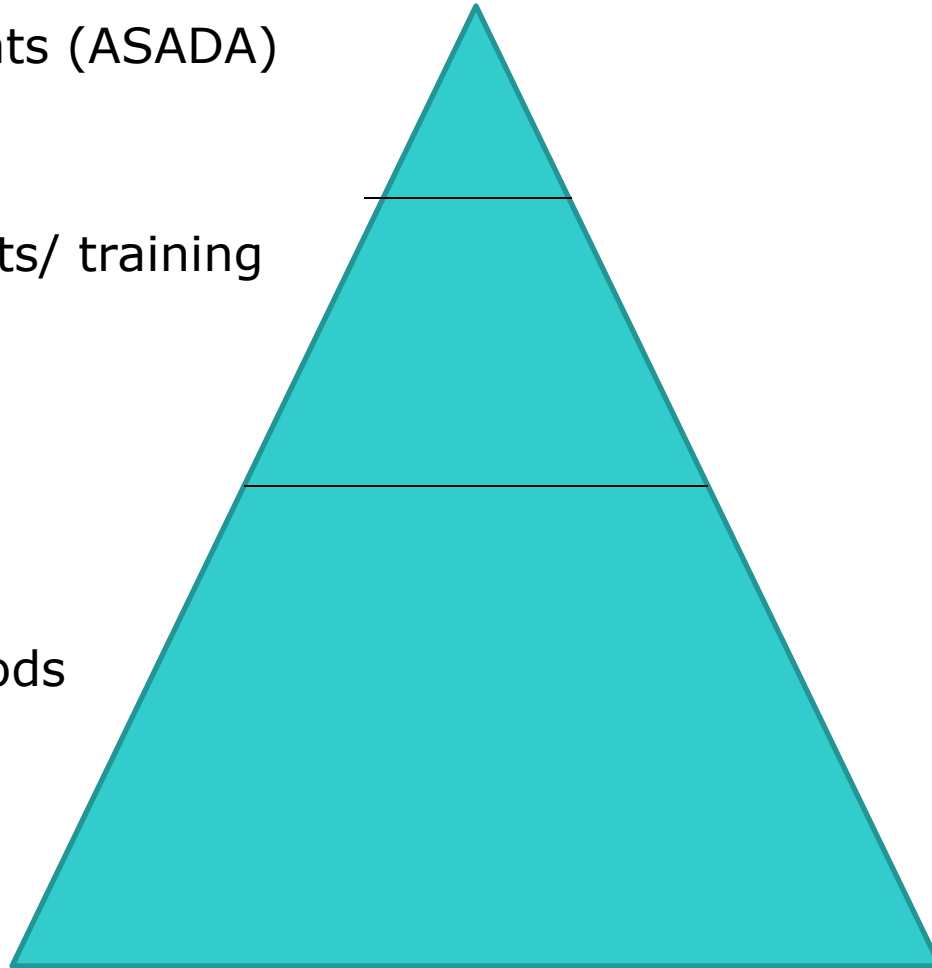


Steps to follow

- Spread proteins through the day
- Fuel on CHO/proteins pre and post training to ensure best muscle gain
- Drink it if your appetite is impaired after training
- Be prepared

What about supplements?

- Supplements (ASADA)
- Special diets/ training or event
- Healthy foods





Supplements

- Very processed food
- Has artificial sweeteners/ colours/ flavours
- Expensive
- Can contain illegal substances
- Side effects
- Easy to use
- Does not require a fridge
- Placebo effect

Home made shakes/ snacks

- Smoothies: banana with frozen berries, plain yoghurt and milk.
- * Add powder milk for extra proteins
- Other snacks:
 - ❑ Flavoured yoghurt, flavoured milk drinks (UHT)
 - ❑ Liquid meal supplements e.g. Sustagen Sport
 - ❑ Sandwiches with meat, tuna, chicken fillings
 - ❑ Breakfast cereals, yoghurt and milk
 - ❑ Sports bars



On the road



Have a snack pack in the pantry – ready to go

- Tin tuna
- Nuts and seeds
- Beans (baked beans/ four bean mix)
- Peanut butter jar (with bread/ crackers/ carrots)
- UHT milk or flavoured milk



KEY MESSAGES: HOW TO BUILD MUSCLE MASS

- Choose healthy food choices from 5 food groups
- Spread your protein intake through the day
- Eat regularly (have 3 meals and many snacks)
- Set a routine and be prepared
- Should feel full after a meal
- Needs: 1.5-2.0 gram of proteins per Kg
(20-30 g proteins per meal or snack)

Train hard



Thank you!
Any questions?