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Rugby Nutrition:

Off-Season Nutrition

A change in routine may be welcome in the off-season, but does require some skill and **'mindfulness'** to use this as an opportunity to relax and unwind and recharge your batteries without undoing all the hard work of the previous season:

- As you approach the off-season, **be clear about what your goals are**. If your goals are to change your body composition (e.g. gain muscle mass or lose fat mass) you need to **be realistic** about how fast you can achieve these goals with lower training volumes and in a different, more relaxed holiday environment.
- Think about the various challenges you may encounter such as parties, functions, braais (barbeques) and then work out some coping strategies.
 - If you know you are going to have an indulgent meal at dinner, try to choose healthy options during the day.
 - If you decide to have a smaller portion, one less glass of wine, skip the dessert, or get right back on track at the very next meal, you are making a difference to your energy intake – all of these changes add up. This could mean losing weight or even maintaining weight over that period.
 - Eating something small beforehand can help to control portions at the main meal and snacking on high-fat snacks.
 - If you know you are going to be out, you can swap your portions from supper and lunch.



- Assess your hunger and satiety (fullness) cues – plate your food according to your appetite. You can also reduce the number and size of your daily snacks.

- At braais (barbeques), select the lower fat options like chicken kebabs, fish, fillet steak or chops (with fat removed) instead of boerewors (37g fat per 100g). You will be better off going for simple foods and adding small amounts of olive oil/butter rather than the ready-prepared potato salad and garlic bread etc.

- When it comes to alcohol (high in kilojoules/calories) think about ordering white wine spritzers (using soda water), or a beer shandy (using lite beer and/or sugar-free lemonade), or a single whiskey with ice/water.
 - If wine is served, make sure to fill a glass of water too so that you quench your thirst with the water and not the wine.
 - Limit your intake of sweetened beverages (iced tea, fruit juice), Energy drinks and mixers.

- Aim to walk or take a bike instead of taking a taxi or the car, go for a walk on the beach or swim in the sea, or take the opportunity to go for a hike. You may need to reassess your goals for the holiday – perhaps.

For more information on *Rugby Nutrition*, go to the BokSmart website www.BokSmart.com or go to the following link: <http://boksmart.sarugby.co.za/content/eating-and-drinking-right>

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