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## Welcome to Caryn's XTERRA Nutrition Snippet Series

For each of the 10 Xterra trail runs during the winter months, you can view a different nutrition snippet. As the months go by, these snippets of information will add to your existing knowledge and hopefully your overall nutrition practice will improve (alongside your fitness) over the winter months.

### **XTERRA RACE 1: NUTRITION SNIPPET** **GETTING STARTED – train your nutrition**

To be a consistent runner, you need to be a consistent eater (of healthy food, that is). This month, the nutrition snippet starts with the basics - your baseline nutrition. On a daily basis, you need to make sure that you consume enough carbohydrate (to maximise your energy levels), enough protein (for muscle repair), good quality fat (with overall small amounts) and sufficient vitamins and minerals to ensure optimal health and a good nutrient base for optimal Xterra training and racing.

The best and recommended way to obtain all these nutrients is to eat a well-balanced diet. In New Zealand this is easy to do as we have a plentiful food supply. You can do a self-check and work out whether or not you are eating a balanced diet by doing the following:

Write down everything you eat and drink for a day (in detail). Add up how many servings you get from each food group and see if it meets best practice guidelines (see below): Try doing this for one week day and one weekend day to see how they differ.

#### **Each day you need to eat a minimum of:**

- 2 medium sized pieces of fruit and 1 ½ cups of vegetables (keep these varied and colourful)
- 2 (adult) - 3 (adolescent) servings of dairy products
- 1 (adult) – 2 (adolescent) servings of protein - meats and alternatives (include in lunch + dinner)
- 6 servings of grains (bread, cereals, pasta, rice, crackers...)
- 6-8 glasses of fluid (preferably water)

In addition, make sure that your meals are evenly spread across the day (breakfast, morning tea, lunch, afternoon , tea and dinner) for optimal energy levels and that they are low in saturated fat (fat from all animal products) and include unsaturated fat (plant fat - avocado, nuts, olive oil).

Remember - You need to consume these food and nutrients EVERY day in order to become a consistent eater...and for this you need to be organised. Eating like this each day will put you in good stead for a bug-free winter and ensure you have optimal energy levels and a strong immune system - all the things you want for great Xterra running performance.