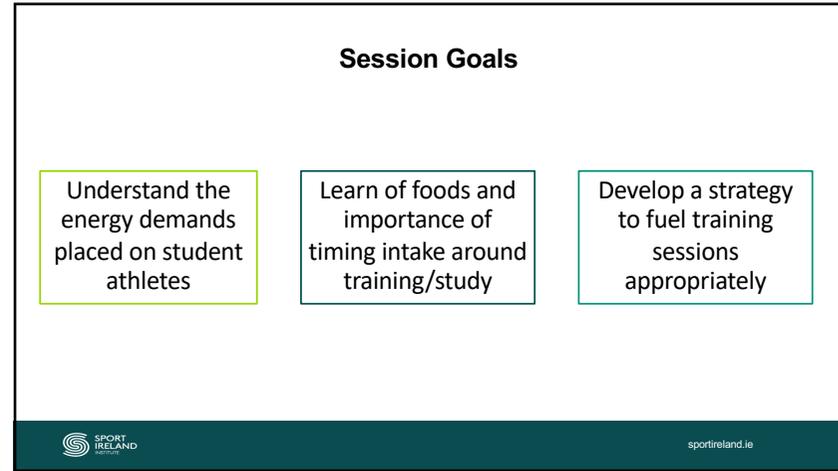
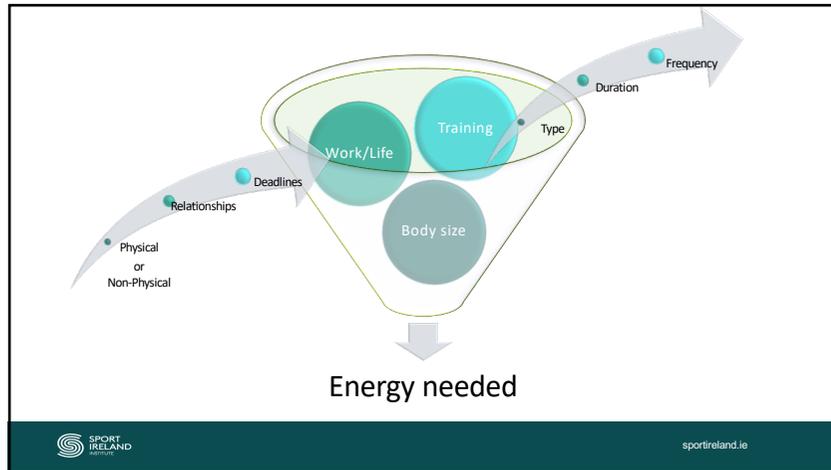




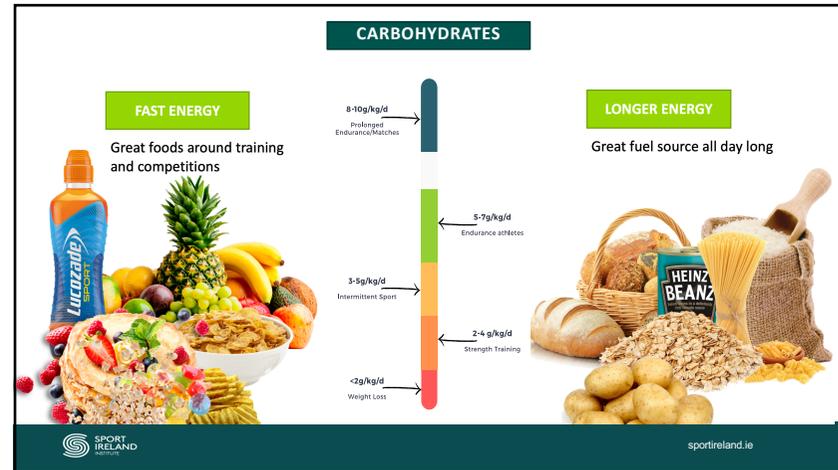
1



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PROTEIN

Provide the building blocks for:

- Muscle
- Bone health
- Immune system

Why is that important?

- Less injuries
- Stronger
- Not as likely to get sick
- **MISS LESS TRAINING**
- Better performances

7am Breakfast	1pm Lunch	4pm Snack	7pm Dinner
3 eggs ~18g Protein	Large Fillet (175g) ~30-35g Protein	250g Greek ~25g Protein	Large Fillet ~35-40g Protein

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PRE-TRAINING SNACKS

LIGHT	MEDIUM	HARD
<20g Carbs	30g Carbs	60-70g Carbs
0-360	360-840	840+
1x Fage 0% yoghurt + ½ cup nuts OR 1x whey protein (with or without fruit) or 200ml high protein milk OR 100g chicken/beef stir-fry with veggies OR 3 egg Omelette (no extra meat) with or without toast	1x cereal bar OR 1x large banana OR 6x jelly babies OR 1x rice cake + 2 heaped teaspoons of jam OR 250ml fruit smoothie	1x cereal bar + 1 large banana OR 1x cereal bar + 6x jelly babies OR 2x rice cakes + 3 heaped teaspoons of jam OR 500ml fruit smoothie + 1x cereal bar OR 1x wrap + 1x large banana + 2 teaspoons nut butter

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POST-TRAINING SNACKS

LIGHT	MEDIUM	HARD
20g Protein + 5-20g Carbs	20g Protein + 30g Carbs	20g Protein + 50-70g Carbs
0-360	360-840	840+
1x Fage 0% yoghurt + ½ cup nuts OR 1x whey protein (with or without fruit) or 200ml high protein milk OR 100g chicken/beef stir-fry with veggies OR 3 egg Omelette (no extra meat) with or without toast	1x small tin of tuna + lettuce + wrap + fruit OR 1x whey protein or 200ml high protein milk + fruit OR 100g chicken/beef stir-fry + 2/3 cup cooked rice + veggies OR 1x Fage 0% yoghurt + 1 large banana	Chicken sandwich (80g fillet) + 2 slices bread + 2x fruit OR 1x whey protein or 200ml high protein milk + 2x fruit OR 100g chicken/beef stir-fry + 1 cup cooked pasta + veggies OR 1 cup of oats + 200ml high protein milk

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SPORTS FOODS & SUPPLEMENTS GUIDELINES

WHAT IS CONSIDERED A HIGH RISK SUPPLEMENT?

Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

WHAT SHOULD I DO IF I WANT TO TAKE A SUPPLEMENT?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as www.informed-sport.com

HERBAL PRODUCTS ARE NOT ALWAYS SAFE FOR ATHLETES. HERBAL SUPPLEMENTS MAY CONTAIN INGREDIENTS THAT COULD RESULT IN A DOPING VIOLATION

ALL ATHLETES ARE SOLELY RESPONSIBLE FOR WHAT THEY CONSUME

FALSE ADVERTISING

From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes. Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.

CONSEQUENCES

The current ban from sport for an anti-doping rule violation is 4 years. If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.

ASSESS THE NEED

ASSESS THE RISK

ASSESS THE CONSEQUENCES

HAVE YOU SOUGHT ADVICE?

RESEARCH THE PRODUCT

HAS IT BEEN BATCH TESTED?

CONSIDER THE SUPPLIER

YOU COULD BE BANNED

REMEMBER! Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

References: American College of Sports Medicine Joint Position Statement, Nutrition and Athletic Performance; Academy of Nutrition and Dietetics; Dietitians of Canada; American College of Sports Medicine; Med Sci Sports Exerc. 2016; 48(5): 943-948.

SPORT IRELAND ANTI-DOPING

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