

# Top tips for Show Jumpers

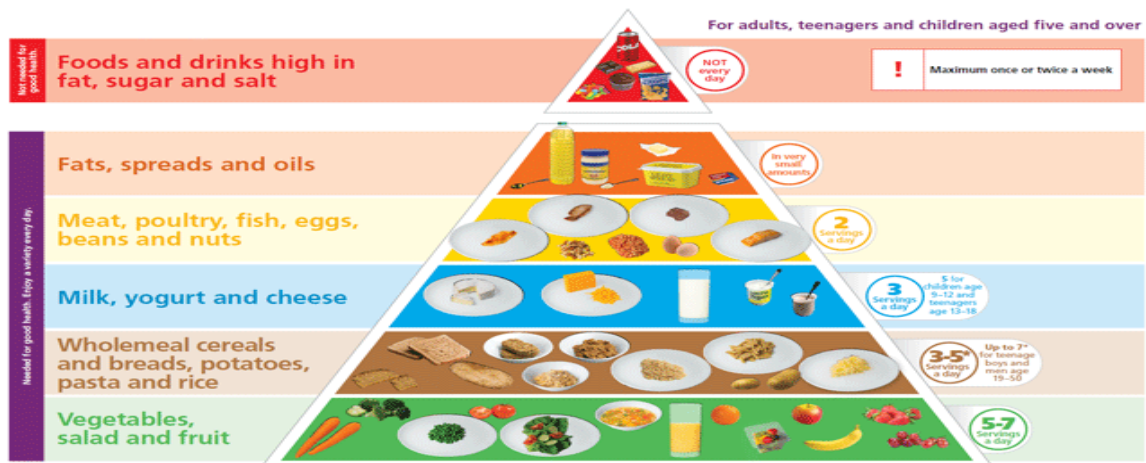
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If you need to lose weight it requires time and effort. A cycle of crash dieting with very low calorie diets may work in the short term but it doesn't do your health any good in the long run and may make it increasingly difficult to lose the weight again in the future. Following a weight management plan aiming for gradual weight loss of 2lbs/wk (0.5kg) will help you to keep the weight low permanently.

#### Tips for permanent fat loss:

1. Set realistic goals with the dietitian and discuss an achievable meal plan.
2. Aim to lose no more than 2lbs (0.5kg) per week.
3. Monitor what you are eating and drinking by keeping a food diary for a minimum of 3 days.
4. Rapid weight loss through dehydration is not long lasting and as soon as you eat or drink your weight will return to normal.
5. Reduce the amount of fat in your diet go for low fat dairy products.
6. Include healthy fats in your diet e.g. fats in nuts, seeds and oily fish – these fats are good for you and aid weight loss.
7. Go for low GI foods (High fibre) by adding beans and lentils to food it increases feelings of fullness and delays hunger between meals.
8. Bulk up on foods such as fruit, vegetables, pulses; wholegrain foods give maximum fill for minimum calories.
9. Eat more fibre - this slows down the emptying of food from the stomach and helps to keep you feeling full.

10. Indulge yourself – have a day off from healthy eating once a week. Have your favourite ice-cream or chocolate – this should help you to keep motivated to stick to your healthy eating plan for the following week.
11. Eat more frequently – plan to eat 4-6 times a day, planning snacks and meals at regular intervals. This does not mean increasing the amount eaten, but eating moderate sized meals or snacks more frequently.
12. Increase your exercise levels this will allow you to eat more as you will burn off calories even after the exercise.

**Here are some tips for gradual loss of flesh weight.**



- Start the day with a small healthy breakfast, it is proven that breakfast eaters find weight control easier
- Try to eat regularly, plan your meals and snacks
- Try to eat one hot meal a day, sitting down with a knife and fork.
- Try to include all of the food groups;

- ✓ Protein foods help you feel fuller so include lean meat, fish, and poultry
- ✓ Low fat dairy foods (containing calcium) help with fat loss, choose yoghurt drinks, fortified milk etc.
- ✓ Eat plenty of fruit and vegetables aim for 5 a day
- ✓ Go for wholemeal/wholegrain breads, pitta breads, wraps they will take longer to digest and keep you full for longer.

- Watch the size of your food portions
- Take your time eat slowly, it takes the brain about 20 minutes to get a signal from the stomach to say you are full.
- Keep drinking water and diet cordial to maintain good hydration (avoid sugary drinks and alcohol)
- Adapt recipes; many dishes can be made using less fat.
- Avoid eating high fat foods like fried foods, chocolate, crisps, mayonnaise etc.
- Try to eat something after your last ride to help you refuel.
- Increase your physical activity, being fitter may also help your riding and boost your mood.
- Eat little and often rather than one large meal
- Try not to eat less than 1500 kcals per day as your body will go into 'starvation mode' and hang on to the body fat. This lowers your RMR and means you need fewer calories to survive making it harder to lose those lbs.

## Eating on the go!



Being a show jumper means you are always on the go. This makes it challenging to eat the right foods as you can find you are living out of the garage shop or shop at a show.

- Sometimes you may be looking for a quick snack to tide you over whereas other times the food you eat may be your main meal of the day.
- It is all too easy to grab whatever is available or cheap without thinking about the nutritional balance of your food.
- The basics are the same as for healthy eating, try to avoid too much fat and sugar and include some low fat, starchy food and protein as well as some fruit and/or vegetables.
- Most packaged foods now have food labels, so it is easier to see which foods have fewer calories and less fat to help make your food choices (look for foods with less than (10g fat/100g) cheese is the exception).

*Here are some tips to make the right choices*

## In your car

- Always keep a supply of water or isotonic sports drink and some carbohydrate supplies in the glove compartment in case you find yourself stuck in traffic or late for a competition, e.g. Snack packs of plain biscuits, rice cakes, low fat cereal bars, surf seeds, dried fruit and nut mix..

## At the petrol station

- Choose sandwiches with low fat protein fillings such as lean ham, beef, pork, chicken, turkey, egg or tuna and salad. Go for wholegrain bread or wrap options. You can often save many calories by reading the labels, avoid mayonnaise etc.
- Packs of fresh fruit salad, yoghurt pots with muesli, small packets of dried fruits and nuts, surf seeds and breakfast cereal and milk are good choices.
- **Avoid** the temptation of the breakfast roll and the high fat pastries such as jambons, croissants and Danish pastries; Avoid chicken which has been deep fried go for plain chicken breast.
- Bottled water, sports drinks and hot drinks are available – choose skinny lattes/cappuccinos rather than the full fat you will save a lot of calories.

## From the shops

- You can usually choose takeaway foods such as rice or pasta based on low fat savoury snacks, low fat sandwiches, high protein/nutty cereal bars, fresh and dried fruit, and of course plenty of water.

*Picking at foods all day rather than having a 'proper meal' can sometimes add up to more calories in the long run.  
You will be amazed at how much you can eat and still lose weight if you follow a healthy meal plan!*

## What should I choose when eating out?



## Aim to keep your portions small and be careful what you choose from the menu.

- Base your meal on starchy basics; small portions of potatoes, rice, pasta and bread. E.g. pasta and tomato sauce, risotto, noodles. Choose jacket or boiled potatoes as an alternative to chips, roast or sauté. These are the main providers of energy to fuel your muscles.
- Have a moderate protein portion e.g. lean red meat, poultry, fish, beans and lentils. Stick to simple plain dishes, avoiding fried foods and greasy sauces; choose tomato or vegetable based sauces instead of creamy based ones. Avoid processed meats such as sausages, pudding and pies.
- Include a 2 portions of your fruit and veg e.g. cooked vegetables, side salad, fruit juice, fruit or salad based starter, fruity desserts; e.g. fresh fruit salad, fruit crumble, fruit yoghurt, custard and banana and fruit sorbet.
- Consider having one of your 3 a day dairy portions if you haven't already had them during the day. Have 200 mls of low fat milk (as a drink or as a small shake, milk pudding or custard with dessert) or a small low fat yoghurt or 25 gms of cheese.
- Don't forget a drink; water, fruit juice, soup, milk, tea, coffee all contribute to your day's fluid intake and being hydrated will help you concentrate better but watch your alcohol intake. Fizzy drinks may cause bloating.

Guide to eating out		
	Good choices ✓	Unhealthy choices X
<b>Pizzeria</b>	Tomato, vegetable e.g. mushrooms, sweet corn, pineapple, tuna or prawns, lean ham, spicy chicken, or seafood pizza toppings preferably on a thick base.	Salami, mince, beef, pepperoni, extra cheese toppings
<b>Burger Bars</b>	Plain, grilled hamburger, flame grilled chicken or veggie burgers, salad no dressing.	Most burger with extra cheese, two regular burgers have fewer calories than one Big Mac or cheeseburger. Large burgers, fries, doughnuts, apple pies
<b>Steak house</b>	Grilled steak, plain chicken or fish, salads, jacket potatoes, fruit	Fried/battered fish, garlic mushrooms, garlic bread, scampi, steak with creamy sauces, puddings
<b>Indian</b>	Chicken or prawn tikka, tandoori chicken, dahl, channa dahl, plain rice, naan bread, chapatti, dry or vegetable curries. Biryani.	Meat curries, meat dansak/korma/madras, samosa, bhajis, puri, paratha
<b>Chinese</b>	Chicken, vegetable or prawn chop suey, stir fried vegetable or seafood, plain rice or noodles, steamed vegetables tofu, hot and sour soup, wonton soup, steamed dumplings.	Duck dishes, sweet and sour pork in batter, fried rice and noodles. Deep fried spring rolls or wontons.
<b>Mexican</b>	Bean burrito, tortillas or tostadas with beans/vegetable chilli, fajitas with vegetables/chicken, guacamole, soft tacos	Tortilla chips, potato skins, beef, chilli, tortillas/burritos with beef, chimichangas, creamy dips.
<b>Thai</b>	Steamed fish, rice and vegetable dishes, seafood salad.	Prawn crackers, fried noodles, or rice, creamy coconut dishes.
<b>Italian</b>	Pasta with tomato based sauces. Grissini, ciabatta, pasta with tomato/vegetable or seafood sauces (e.g. neopolitan, primavera, spinach) risotto, gnocchi, grilled chicken/fish, pasta filled with spinach ricotta	Pasta with creamy/ buttery/meat based sauce (e.g. carbonara, alfredo, bolognese) lasagne, cannelloni.

## Hydration – How important is it?

Sweating is a natural reaction during exercise to prevent the body overheating, but it means we lose fluid and salts (electrolytes) that need to be replaced. A rider's body is comprised of 60-70% water. When you exercise this water content is decreased and if this is a large amount it will affect your riding and racing performance. This is known as dehydration.

### Symptoms of dehydration include;

- Headache
- Cramps
- Tiredness
- Irritability - aggression
- Poor concentration
- Low production of urine
- Sickness
- Fainting /collapse

## Stay hydrated



- Keeping the body hydrated is vital for maintaining normal body functions and keeping you healthy.
- Drink regularly throughout the day (aim for 6-8 glasses/day) & drink more when you have been exercising.
- Drink 200 mls of plain fluids with each meal and include additional drinks during the day. Choose plain fluids such as water, 'no added sugar' cordial, natural fruit juice diluted with water (50:50), low fat milk and milk drinks. Avoid the full sugar sports drinks as they contain a lot of sugar which is 'empty calories'
- After exercising drink more fluids as soon as you can to replace your losses.
- Monitor urine colour; straw yellow colour indicates good hydration levels.
- Don't wait to feel thirsty to drink – drink regularly throughout the day.

## What not to drink

Drinking fizzy drinks whilst exercising can make you bloated.  
Always make sure you rehydrate before drinking any alcohol.  
Some drinks contain caffeine, a high consumption of these can cause an upset stomach and disturb your sleep.

## What should I eat before a competition ?

- Start the day with a high fibre breakfast such as high fibre cereal.
- Ideally you should have something to eat 2-3 hours before the competition.
- Have a high carbohydrate, low fat meal.
- It is important that the meal is well planned and uses familiar foods and fluids don't experiment with something new on a competition day.

## Examples of suitable pre exercise/competition meals are;

- ✓ Breakfast cereal + low fat milk
- ✓ Fresh/dried or canned fruit + yoghurt +low fat milkshake/smoothie
- ✓ Muffins/pancakes/toast/scones with jam or honey
- ✓ Pasta + tomato-based sauce or rice dish

## What to eat between rounds

On competition days you may find yourself hanging around a lot and eating out of boredom. Plan ahead and bring plenty of high fibre snacks with you such as nutty cereal bars, yoghurts, fruit, trail mix, nuts and dried fruit. If possible bring a pre prepared lunch/dinner. A sandwich or wrap with meat and salad is ideal. Avoid full sugar drinks and ask for 'skinny' capuccinos or latees to cut calories. Remember to bring plenty of water/diet cordial – try to eat your calories rather than drink them!

## After the competition – recovery time !

After the competition is finished for the day the aim is to ensure you rehydrate as soon as possible.

- Replace fluids and energy initially by using a sports drink and some food e.g. Fruit, cereal bars, milk shakes and pre packed snacks such as dried fruit + nuts are easy, portable and nutritious.
- Have a 'proper' meal within 2-3 hours of finishing an event which is carbohydrate based with a good source of protein (e.g. bowl of past bolognaise, or rice/noodles with stir fried meat and vegies). This promotes muscle refuelling and recovery.



## Summary of Top Tips for Show Jumpers



- Start your day with a high fibre healthy breakfast.
- Eat regularly, plan your day to include plenty of healthy snacks e.g fruit, oat/nutty cereal bars, yoghurt, milk drinks, nuts & dried fruit.
- Eat a varied diet – try to include each of the food groups below;

- ✓ Protein foods help you feel fuller so include lean meat, fish, chicken, beans and eggs.
- ✓ Low fat dairy foods (containing calcium) choose yoghurt drinks, fortified milk, low fat cheese etc.
- ✓ Eat plenty of fruit and vegetables aim for 5-7 a day
- ✓ Go for wholemeal/wholegrain breads, pitta breads, wraps they will keep you fuller for longer.

- Watch the size of your food portions – look at the food label.
- Don't wait to feel thirsty - keep drinking water and diet cordial throughout the day to keep your body hydrated.



- Eat your calories don't drink them!
- Keep high fat foods like fried foods, chocolate, crisps, take-aways etc. to just once a week as a treat



- Try to eat something after your last ride to help you refuel.
- Remember Muscle is an active tissue Fat mass will slow you down.
- Increase your physical activity (HIIT), being fitter may also help your riding and puts you in a better mood! 😊