

# Nutrition during stressful periods

## Variety

Consume a wide variety of foods, with an emphasis on wholegrain carbohydrates, lean proteins, healthy fats and fruits and vegetables.

## Energy balance

Adjust needs to training requirements. Have well-balanced snacks and frequently consume protein sources and plenty of fruit and vegetables.

## 'Brain' food

Carbohydrates for brain fuel. Antioxidant and anti-inflammatory foods for brain function e.g. oily fish, eggs, nuts and seeds, citrus fruit, berries, tomatoes and green vegetable.

## Breakfast

Provides the brain with a fuel for sustained performance and concentration and help keep you fuller for longer throughout the day.

## Balance

Food plays an important part in our emotional wellbeing and social interactions, and favourite foods should be enjoyed with friends and family, and during times of celebration, stress or sadness.

## Hydration

Aim for 2-3L per day with additional fluid for training, to maintain concentration and to ensure optimum function of the immune system.



## Avoid 'crashes'

High fat and sugar foods can lead to energy crashes and increased drowsiness. Excess caffeine can lead to increased anxiety and negative effects on sleep.