



BRITISHROWING

Nutrition for Rowing

Questions, Answers and Useful Links
Sheet

TEAMWORK | OPEN TO ALL | COMMITMENT



Questions from the webinar

Question 1: Hi Tania, I've never been part of a sport, such as rowing, that so heavily pushes Milk as a post workout nutrient. In our junior section we have a few parents (Osteopath's and GPS) who are pushing for our juniors not to consume so much milk. They are telling me that shop bought milk is hard for our bodies to digest and can cause more inflammation. What is your view on this?

Answer 1: *Rowing isn't 'pushing' milk but rather highlighting it, along with other options, as something which is easy to consume and provides a good ratio of carbohydrates and protein to support recovery. If you prefer to not drink milk, don't enjoy the taste or you are intolerant to it there are plenty of other good options for recovery:*

- *Natural yoghurt/low-fat Greek yogurt/Skyr, honey and raisins (some people who can't tolerate milk can consume yogurt, whilst others cannot tolerate any dairy)*
- *Beans on toast*
- *Chicken/Tuna/Turkey salad sandwich/wrap*
- *Scrambled/poached eggs on toast*
- *Pasta in homemade tomato sauce with vegetables and Quorn / tuna / chicken / beans / chickpeas*
- *Sweet potato toast with a tuna topping*
- *Quinoa salad*
- *Vegetarian/turkey chili with pasta*

Question 2: If we are reducing fat in recovery, what type of milk should we drink?

Answer 2: *This is an interesting area of research and whilst we await more evidence, I would recommend skimmed or semi-skimmed milk. For those with a lactose intolerance but still enjoy milk soya milk can be an alternative.*

Question 3: Does the 1.5xBW for fluid replacement need to be more than water?"

Answer 3: *The recommendation of consuming 1.5L of fluid per 1kg of bodyweight lost in fluid should be consumed gradually over several hours (not all at once). If you are consuming it with a meal water is a great option. If you are rehydrating with fluid alone in a hot environment when you have sweated a lot, consuming fluid which contains a little sugar and a small amount of salt will help to support rehydration. Here are some links which provide more detail on hydration:*

<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/fluids-in-sport/>

<https://www.sportsdietitians.com.au/sda-blog/hydration-during-exercise/>

<https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/Fluids-in-sport.pdf>

Question 4: For adults what is the effect of alcohol on your urine colour?

Answer 4: *This will depend on how much and what you are drinking but alcohol is a diuretic therefore will lead to increased urine output and can also result in dehydration the next day.*

Question 5: RE Hydration recently read Christopher McDougall Author Born to Run. He specifically mentions to over intake of water or hydration drinks, i.e. handouts at marathon events and excess of intake. Can an athlete over hydrate?

Answer 5: *Yes, it is possible to over-hydrate. This can be a concern if you are sweating a lot (e.g. running a marathon on a hot day) and only consuming water, thus not replacing electrolytes. These factsheets provide more information which you may find interesting:*

<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/fluids-in-sport/>

<https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/Fluids-in-sport.pdf>

Question 6: Nutrient-rich sources of carbs". What constitutes a nutrient in this context (rather than fibre, GI values etc)?"

Answer 5: *Nutrient rich sources of carbohydrate refer to foods which provide not only carbohydrates but also other nutrients such as fibre (as you mention) and/or vitamins/minerals. For example, when possible consuming wholemeal/granary bread would provide more fibre than white bread or fruit contains vitamins and fibre which you wouldn't get from consuming jelly sweets. There are times when foods with lower nutrient value – such as sugary sweets - may be practical (e.g. a handful of sweets before a race) for a quick release of energy, but in general including nutrient rich carbohydrates in the diet is good to support overall health and wellbeing.*

Question 7: On the slide showing flavoured milk a packet of Nesquik was shown is adding powdered flavours to milk always safe?

Answer 7: *Nesquik is a food item and not a sport supplement. If you prefer plain milk you could consume unflavoured milk with some fruit / toast or opt for a non-milk-based recovery snack. To discuss this further and learn more about the difference between food and supplements you can sign up for the British Rowing Clean Sport 1 session on 7th July through this link: <https://www.britishrowing.org/british-rowing-lockdown-webinar-series/>. You can also learn more on the UKAD website: <https://www.ukad.org.uk/athletes/managing-supplement-risks>*

Question 8: Should an athlete looking to drop body fat / weight be lowering their carbs/fat intake?

Answer 8: *If an athlete is looking to lose weight it is important the reason for weight loss has been carefully thought through and promotes health and wellbeing. Losing weight should be gradual and involve a small overall reduction in energy consumption in the diet whilst ensuring the diet provides enough fuel to support an athlete's lifestyle, training sessions and recovery. Assuming the ratio of fat and carbohydrate intake is within recommendations (i.e. the athlete is not consuming a very high fat or very high carbohydrate diet) reducing overall energy intake rather than focusing on only one food group is advised. An athlete can also focus on nutrient rich foods in the diet, ensuring there is plenty of fruit and vegetables spread across the day, wholegrains and wholemeal options, snacks such as fruits and vegetables, natural yogurts, nuts and seeds.*

Question 9: “Any advice about training in cold and hot environments. What should we change/look out for?”

Answer 9: *In terms of nutrition and hydration there are a few things to look out for based around typical environments of UK rowing:*

Hot environment: *Being aware of increased sweat rates in hot environments and rehydrating with fluids which can help to replenish the electrolytes lost in sweat (or drinking plain water alongside a recovery meal which includes a small amount of salt). Flavoured drinks (e.g. with squash and a small pinch of salt) can also help to stimulate thirst. This is an old article from the BBC but still relevant: http://news.bbc.co.uk/sport1/hi/health_and_fitness/4289704.stm. Freezing water bottles the night before a session can also help keep them cold during training.*

Carbohydrate utilisation increases in hot environment, so it is important to ensure the diet contains enough carbohydrate if participating in prolonged training in the heat (e.g. on a training camp or a hot UK summer). There doesn't need to be a huge increase from normal but rather looking for opportunities for small additions (e.g. Dried fruit on top of cereal, a couple of scotch pancakes, an extra bananas/other fruit, sugary squash in the water bottle during sessions).

Sometimes people lose their appetite in warmer environments, if this happens it is important for an athlete to recognise this early and try to work around it to ensure they can stay well fuelled. Identifying foods that work for them such as cold salads and fruits. Freezing a homemade isotonic drink (see BBC article) into ice lolly moulds could help encourage rehydration and be refreshing after a session.

Cold environment: *In cold environments we sweat less and may also be less motivated to drink throughout sessions. Given the lower sweat rates we won't need to consume as much as we would on a hot day but keeping an eye on hydration is still important monitoring through urine colour or weigh in weigh out.*

Question 10: “Tania is there any resources you could point coaches of juniors to that would help communicate this topic with parents? Especially about not needing extra stuff and the grams per kilogram.”

Answer 10: *Junior athletes are better to build up knowledge and understanding around good foods for fuel and recovery rather than focusing on the specifics of g/kg, especially as through the adolescent years energy requirements will fluctuate. Encouraging the development of good eating habits without pressure is important. These are informative and user-friendly resources for parents of junior athletes:*

<https://www.sportsdietitians.com.au/section/children/>

<https://www.britishrowing.org/2019/09/eight-steps-to-healthy-nutrition-for-teenage-rowers/>

<https://www.britishrowing.org/2019/09/nutrition-planning-meals-for-teenage-rowers/>

Question 11: Would like to ask Tania's opinion on the impact of - plant based diets (as explored in Netflix doc 'Game Changers') on athletic performance?

Answer 11: *Some people may choose to follow a vegan diet, for a variety of reasons, and whilst it is possible to follow a vegan diet and optimise athletic performance it can be challenging and will take more*

careful planning of the diet to ensure all nutrient requirements for both health and athletic performance are met. More information is provided here:

<https://www.bda.uk.com/resource/plant-based-diet.html>

<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/plant-based-diets/>

There have been several reviews written by sports nutritionists on the Netflix Game Changers documentary highlighting some of the concerns around bias in the presentation of the documentary. One good example is this article by Professor Asker Jeukendrup and two video clips also looking at this topic:

Is game changers game changing or is it sensationalism?:

<https://www.mysportscience.com/post/2019/11/06/is-game-changers-game-changing-or-is-it-sensationalism>

What is your take home message from the movie 'Game Changers'?

<https://www.youtube.com/watch?v=koVTvCmeFy0>

Should we go vegan after watching the movie 'Game Changers'?

https://www.youtube.com/watch?v=zIVrXS_UCeU

Useful Links

<https://www.britishrowing.org/wp-content/uploads/2016/10/Nutrition-Guide.pdf>

<https://www.sportsdietitians.com.au/factsheets/>

<https://www.bda.uk.com/food-health/food-facts.html>

<https://www.britishrowing.org/2019/09/eight-steps-to-healthy-nutrition-for-teenage-rowers/>

<https://www.britishrowing.org/knowledge/rower-development/rower-development-guide/>