



The Role of Almonds in Sports Recovery

Simone Austin

17th Australian Almond Conference



HOSTED BY:
The Almond Board of Australia



SUPPORTED BY:
Horticulture Innovation Australia Ltd

Pullman Hotel Melbourne, Albert Park, Victoria
November 8th - 10th, 2016



Simone Austin



Accredited Sports Dietitian & Accredited Practising Dietitian

Simone is an accredited sports dietitian with over 20 years experience. Simone has spoken at many corporate events and conferences on health including Sports Medicine's Australia, Sports Dietitians Australia, the Exercise Sports Science Australia conference, and the AFL Grand Final Medical Symposium.

Having seen the Hawthorn AFL Football Club through three consecutive Grand Final wins, her success as a Dietitian speaks for itself.

She has previously worked with many other elite men's sporting teams, the Australian Men's Cricket Team through their very successful period of the early 2000s, Melbourne City A League, Western Bulldogs AFL, Melbourne Storm Rugby League club & the Melbourne Rebels Rugby Union club. She consults privately to the general public and other elite & sub elite athletes.

She is the president of Sports Dietitians Australia and a media spokesperson for the Dietitians Association of Australia having presented on radio, television and written numerous newspaper, magazine and online articles.

Simone works at Swisse Wellness part time having assisted with development of the sports nutrition range and has an interest in the regulations around nutrition products. Providing practical nutrition advice that turns the science of nutrition into achievable and enjoyable dietary intakes is the goal to Simone's dietetic practice.

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Goals of Recovery Nutrition



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- Refuel & Rehydrate
- Promote muscle repair & growth
- Support immune function
 - Vary:
 - Duration, intensity
 - Body composition goals,
 - When next session is

Changes in Recovery Nutrition

- **Carbohydrate**

- Sports drinks
- Lollies, White bread sandwiches



Low fat

Rehydrate



Recovery Now



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- Protein

- 20g-30g per serve, – milk, powders, vegan sources
- 50g serve almonds= 10g protein

- Carbohydrate

- More nutritious choices- wholegrain breads, fruit
- Less 'empty calorie' 'sugary' choices

- Good fats acceptable

- Mono & polyunsaturated- ? Anti inflammatory benefits

Recovery Now



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- **Fluid**

- More water
- Electrolytes
 - oral rehydration fluids,
 - less sports drink
 - Almonds contain phosphorus, calcium, magnesium, manganese, copper, iron (lots of these lost in sweat)
 - Salted nuts
- Not over hydrating

Protein & Recovery



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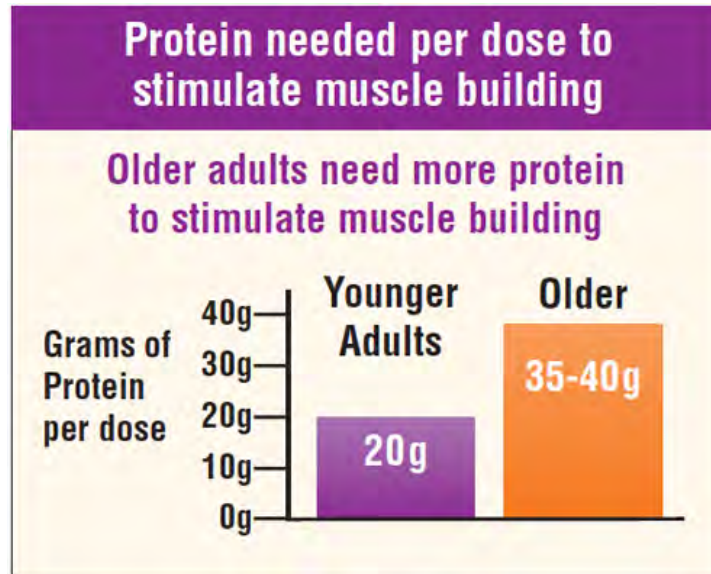
- For Muscle repair & growth
 - 20g-30g protein within 1 hr post
 - Increased protein within next 24hrs
 - Before bed protein may be beneficial
- Combine almonds with other protein sources
 - Glass of milk & 50g almonds (9g + 10g= 19g protein)
 - Cheese sandwich & 50g almonds (13g + 10g protein)

Protein Requirements with Age



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Ref: Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. Br J Nutr. 2012 Feb 7:1-9.



Recommended dietary intake



Protein Recommended Dietary Intake (RDI)

- 0.8-1.0g sedentary adult
- 1.0-1.7g athletes
- 1.8g older person?
 - Due to needing more leucine?

Almonds Nutrients



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- Protein 20g/100g
- Monounsaturated fats 55g/100g
- Dietary Fibre 8.8g/100g
- Minerals
 - potassium, magnesium, phosphorus, iron, calcium
- Vitamins
 - B group riboflavin

Recovery Nutrition Hawk style!

- Post training day & post training



Thank you



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Simone Austin Dietitian