

# GOOD EATING FOR ATHLETES

The world envies us our sportsmen as record after record is broken. To attain prominence in a sport much hard training and discipline is needed. Knowledge of the body and how it works is being used more and more to extend the limits of performance.

For the body to perform well it must be efficient, and efficiency depends, among other things, on adequate nutrition.

Some of the diets of our swimmers and runners have received much publicity because these diets are unusual, and sometimes queer. But normal diets with accent on certain ordinary foods are all that is necessary for athletes.

The same milk, meat, eggs, cheese, fruit, vegetables and brown bread and cereals that are needed for the health of the average person are needed by the athlete. There are no magical foods which provide super power or agility.

The energy requirements of individual athletes vary a great deal. Depending on the sport or activity, an athlete might use up twice as much energy as an ordinary person. Because of this, an

athlete must eat enough good food to reach and keep the ideal body weight for maximum efficiency in his chosen sport.

The best sources of energy are sugars, starches and fats, but the body cannot use fats as efficiently as the other two sources. To enable the body to use sugars and starches, certain B vitamins are needed. These vitamins are provided by whole-grain cereals, which do away with the need for vitamin tablets.

Fats, however, are a concentrated source of calories (a calorie is a unit of energy contained in foods). Fats in the diet can be obtained from butter, milk, cheese, meat, eggs and nuts.

Training increases the size of an athlete's muscles, and he needs slightly more protein-rich food, such as meat, fish, eggs, cheese and milk. One large serving of this kind of food at each meal should be adequate.

Athletes need no special restriction of the amount of fluids they drink, except before exercise, when the drinking of large amounts may cause cramps.

*Contributed by the Department of Public Health*

## HAWKESBURY

*A dry green moss on sandstone's spongy brown,  
That crumbles where the roots of lichens lead,  
And leaves in anthills at the boulders' feet —  
Our sandstone seed.*

*Old as the hills these crumbling tors retain  
In windworn caves that powder at the touch of man,  
Man's first primeval message, stained with blood of  
stones —  
Our heritage.*

*The wind now whistles through the dreaming grounds  
Of kitchen middens whitened by the sun,  
And crabgrass crawls among the broken shells  
Of bygone feasts.*

*Now early sounds throb through the lonely scrub  
That hides the black-roofed caves which first knew fire;  
And warbling with a whiplash whirl and thrill —  
Currawong.*

Duncan Paterson