



YMCA Awards

Level 3 Nutrition to support
physical activity
2018

Level 3 Nutrition to support physical activity

Evidence-based guidelines

Learning outcomes

By the end of this session you will be able to:

- Identify the range of professionals and professional bodies involved in the area of nutrition
- Explain how key healthy eating advice that underpins a healthy diet can be applied to clients whose goal is:
 - Weight loss and health
 - Fat loss
 - Hypertrophy
 - Sports performance

Learning outcomes

By the end of this session you will be able to:

- Identify the nutritional principles and key features of the National food model/guide
- Define portion sizes in the context of the National food model/guide
- Identify reliable sources of nutritional information

Learning outcomes

By the end of this session you will be able to:

- Identify energy expenditure for different goals, to include:
 - Fat loss
 - Weight loss
 - Hypertrophy
 - Sports performance
- Recognise the nutritional requirements and hydration needs of clients engaged in physical activity

Professionals and professional bodies

- Federation of Nutritional Therapy Practitioners
- British Association for Applied Nutrition and Nutritional Therapy (BANT)
- The British Dietetic Association (BDA)
- The Committee on Medical Aspects of Food and Nutrition Policy (COMA)
- The Scientific Advisory Committee on Nutrition (SACN)
- The British Nutrition Foundation
- The Association for Nutrition (AFN)
- The British Nutrition Society
- The Nutritional Therapy Council

Professionals and professional bodies

- The Food Standards Agency
- The Department of Health (Change for life campaign)
- Health and Care Professions Council
- NHS Choices
- British Heart Foundation
- Weight Concern
- Scientific nutrition journals e.g. British Journal of Nutrition

Professionals and professional bodies

These organisations/publications are likely to provide reliable, evidence-based information on nutrition

The media and food marketing often make claims regarding certain foods or nutrients and their effects on health which influence clients' beliefs and opinions

It is therefore important to have a reliable source of information to determine the truth and debunk any myths

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW 4%	LOW 7%	HIGH 38%	MED 15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

- At least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta and other starchy carbohydrates, choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soy drinks); choosing lower fat and lower sugar options
- Some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, 1 of which should be oily).
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid a day.
- Limit foods and drinks high in fat, salt or sugar

One portion sizes - Fruit

- Small-sized fresh fruit - two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries
- Medium-sized fresh fruit - one apple, banana, pear, orange or nectarine
- Large fresh fruit - half a grapefruit, one slice of papaya, one slice of melon (5cm slice), one large slice of pineapple or two slices of mango (5cm slices)

One portion sizes - Fruit

- Dried fruit - 30g or one heaped tablespoon of raisins, currants or sultanas, one tablespoon of mixed fruit, two figs, three prunes or one handful of dried banana chips
- Tinned or canned fruit - Roughly the same quantity of fruit as a fresh portion, such as two pear or peach halves, six apricot halves or eight segments of tinned grapefruit

One portion sizes - Vegetables

- Green vegetables - two broccoli spears or four heaped tablespoons of cooked kale, spinach, spring greens or green beans
- Cooked vegetables - three heaped tablespoons of cooked vegetables, such as carrots, peas or sweetcorn, or eight cauliflower florets count as one portion
- Salad vegetables - three sticks of celery, a 5cm piece of cucumber, one medium tomato or seven cherry tomatoes count as one portion

One portion sizes - Vegetables

- Tinned and frozen vegetables - Roughly the same quantity as a fresh portion. For example, three heaped tablespoons of tinned or frozen carrots, peas or sweetcorn count as one portion each. For tinned, choose those canned in water, with no added salt or sugar
- Pulses and beans- three heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans or chickpeas count as one portion each (beans and pulses count as a maximum of one portion a day)

One portion sizes – Vegetables

- Potatoes don't count towards 5 A Day. This is the same for yams, cassava and plantain too. They are classified nutritionally as a starchy food because when eaten as part of a meal they are usually used in place of other sources of starch, such as bread
- Juices and smoothies - unsweetened 100% fruit juice, vegetable juice and smoothies can only ever count as a maximum of one portion of 5 A Day. For example, two glasses of fruit juice and a smoothie in one day still only counts as one portion

