

WINTER HEALTH NUTRITION



Your immune system is more challenged during the winter months.

Eat a wide range of fruit and vegetables to maintain your health during the winter.



Reduce stress on your body by being **well fuelled and hydrated** for each training session.



Include **protein rich foods** with your main meals and snacks



Ensure you have **enough carbs during longer sessions** (more than 60 minutes).

Don't delay your refuelling - appropriate carbohydrate post exercise.



Maintain your hydration and avoid sharing drinks bottles

ADDITIONAL IMMUNE SUPPORT

Probiotics

Daily intake of a probiotic drink can reduce the incidence of upper respiratory tract infections and keep your gut healthy. One bottle of Yakult or equivalent containing at least 20 billion friendly live bacteria.



Vitamin D

Vitamin D helps the body absorb calcium. It is also important for muscle function, normal cell function and for supporting the immune system. Our bodies make vitamin D by safe exposure of the skin to direct sunlight. From October to March sunlight in Scotland is not strong enough to stimulate its production and it is often necessary to take a supplement instead.

Athletes over the age of 18 and staff should consider supplementing with 2000iu of Vitamin D per day from October until the end of March from either a pharmaceutical grade supplement or batch tested source. Athletes under the age of 18 should consider supplementing with 400iu of Vitamin D per day, again between October and the end of March from a pharmaceutical grade supplement. If unsure speak to a member of the institute medical or nutrition team. Don't exceed these doses as larger doses could be harmful to your health.

If taken appropriately at the onset of Upper Respiratory Tract Infections (URTI), the use of batch tested Vitamin C and zinc supplements may reduce both severity and duration of symptoms. Only take for the duration of symptoms and no longer than 5 days.

Vitamin C

On the onset of URTI consider supplementing with 1000mg per day

Zinc

On the onset of URTI consider supplementing with 75mg zinc per day. Note: it has to be a lozenge. Dissolve one lozenge slowly in your mouth every 2-3 hours.