

Portion Sizes

Swimming is an endurance sport which consumes large amounts of energy especially during period of hard training. As a result total calorie intake is very often higher for a swimmer than the normal dietary recommendations (men: 2000-2500, women: 1500 - 2000).

The increase in total calorie intake however, should come from a total increase in snacks and meals and not from an overload at certain meals time. It is vital that portions sizes remain as close to normal as possible to avoid overeating, lethargy and also from large sugar rushes etc.

Below is a table with portion sizes for a number of different foods:

Food	Service Size	Standard Portion
Porridge	Medium	180g
Muesli	Medium	50g
Scrambled Egg / Omlette		2 Eggs
Carrots	Medium (boiled)	60g
Beetroot		40g
Broccoli	Medium (boiled)	85g
Baked Beans	Medium	135g
Peanuts	Medium	50g
Popcorn		25g
Pasta	Meal	230g
Pasta	Side dish or as part of a meal e.g. steak + pasta	70g
Rice	Medium	180g
Turkey	Medium	90g
Beef (minced)	Medium	140g
Beef (steak)	Medium	144g

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