



RUGBY NUTRITION GUIDE

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Being a good rugby player starts with being healthy and eating right. USA Rugby and Major League Rugby, in collaboration with Thorne, have formulated this all-encompassing document to better educate the rugby community on sports nutrition.

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Chapter 1: Macronutrients – Carbs, Protein, Fat

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Nutrition for sports performance is more than what you eat during competition; it is what you eat and drink all day long as well as during practice, training sessions and competition. Staying hydrated and eating a balanced diet helps you perform at your best on the pitch and in school or work.

A good nutrition plan:

boosts energy levels + increases focus + enhances recovery



IMPROVES PERFORMANCE

Macronutrients

Carbohydrates → provide energy to perform and support recovery; act as the main source of energy for muscles and brain; help maintain intensity of training and prevent muscle breakdown; support muscle recovery.

Proteins → provide the building blocks to repair muscles and support recovery; play roles in hormone and immune function; slow digestion to help you feel full and satisfied after a meal; help reduce muscle soreness and support muscle recovery.

Fats → slow digestion to help you feel full and satisfied after a meal; support absorption of some vitamins (A, D, E and K); support brain and membrane health, supports the body's response to inflammation and add flavor to food.

Macronutrient Examples

Carbohydrates

- Bagels
- Bread
- Cereal/cereal bars
- Corn
- Crackers
- Granola/granola bars
- Green peas
- Oatmeal
- Pasta
- Potatoes
- Pretzels
- Quinoa
- Rice
- Sweet potatoes

Protein

- Beans
- Cheese
- Chicken, without skin
- Cottage cheese
- Eggs
- Edamame
- Fish & seafood
- Greek yogurt
- Jerky (beef, turkey, etc.)
- Lean beef
- Lean pork
- Lentils
- Tofu
- Tempeh
- Wild game
- NSF Certified for Sport protein powders and bars

Fat

- Nuts and nut butters (almonds, cashews, peanuts, pistachios, etc.)
- Seeds (chia, flax, pumpkin, etc.)
- Oil – olive, avocado, canola
- Avocado
- Cheese

