



## NUTRITION

### YOUR BODY

Pétanque is not a contact sport but it can require endurance. 12-hour days are not unknown at major tournaments. At the 2006 Worlds the NZ team was playing after 1am.

Pétanque is a sport in which energy is expended at low levels, over a long period. It is included in the 'Aerobic' group in which all the energy required can be obtained from the blood sugar, which in turn is replenished from the normal reserves of glycogen in the liver & muscles. Alternatively, food taken in while competing can provide energy. However, it is important that 'sugar spikes' are avoided & this is most easily done by taking low GI value foods.

There is an old biochemical adage that 'your fat burns in the flame of the carbohydrate'

If you have a very low carb intake then you will burn protein stores instead & lower your immune levels. Athletes who over train & have an inadequate diet 'breakdown' with colds, flu & viral infections for just this reason.

#### **To switch to a low GI Diet:**

- Use breakfast cereals based on oats, barley & bran
- Use breads with whole grains, stone-ground flour, sour dough
- Reduce the amount of potatoes you eat
- Enjoy all other types of fruit & vegetables
- Eat plenty of salad vegetables
- Enjoy pasta & noodles



## PETANQUE NEW ZEALAND

of a teaspoon of salt. The result will be about GI 50 & you will have saved the price of a new cochonnet per litre. Tea, coffee, fruit juices (if no added sugar) & milk drinks are all low.

With regards alcoholic drinks remember that we live in the times of 'Drug Free Sport' & even one beer will put you over the limit.

### SNACKS

Avoid the 'high energy' 'power bars' they are all high GI.

Sandwiches made with appropriate bread & fillings such as cheese will rate about 55, as will that hot dog with onions & sauce.

Creamed rice is very popular at NZ events & has an estimated GI of 47.

All the yoghurt variations are GI low.

Nougat at 32 & chocolate at around 45 are acceptable but other candy sweets not.

### BREAKFAST

The iconic cereals such as Weetbix, Cornflakes & Special K all rate high GI, whereas the muesli variations are low. Baked beans, bacon & eggs on multigrain toast are low GI too.

### STIMULANTS

**They are all banned? Yeah right!**

But interestingly there is one that has escaped so far: **CHOCOLATE**

Eat it while you can; it contains: phenylethylamine which is a mild confidence booster, tryptophan which, via the serotonin system, is a mood elevator & euphoriant, anadamide which is a cannabinoid!

If you want to check on your favourites there are several web sites including:

[www.carbs-information.com](http://www.carbs-information.com) that you can consult.

*Dr Neil Goodwin kindly provided this information*