



PERFORMANCE +

The performance and nutrition guide for athletes

TOP PERFORMERS

Performance matters, whether it is sporting performance or personal performance. It's important to aim high and achieve the best possible results.

It's the same with the food you eat and particularly meat. For centuries Scotland has been renowned as a world class producer of beef, lamb and pork. Now Scottish farmers combine these traditional methods with modern techniques which, like your training schedule, are controlled and monitored at critical stages.

Scotch Beef and Lamb are medal winners in their own right. Both are recognised as products of 'Protected Geographical Indication' so if you want to buy meat which will really perform, look out for the 'Scotch' brand.



INTRODUCTION

NUTRITION FOR ACTIVE AND GROWING BODIES

This booklet outlines the benefits of eating a balanced, healthy diet and will demonstrate to you that eating sensibly is not as difficult as it may first appear. It CAN be cheap, simple, yet varied and is definitely NOT boring! Good, consistent nutrition practices throughout your life will have long term health benefits.

Here are some examples of how healthy eating can help you:

- Maintains energy levels throughout the day, so you can study, exercise and play all you want
- Reduces sick days, illness or injury
- Promotes growth and recovery, and adaptation to exercise
- Helps you maintain an ideal body shape and size
- Reduces the risk of diseases such as cancer, obesity, diabetes and heart disease

Three of the most important things you can do right now to ensure a good base to your diet are:

1. Eat regular meals and snacks throughout the day. Missing meals, or leaving long gaps between eating, will result in an energy dip which can limit your concentration and vigour.
2. Choose from a wide variety of foods, covering all main food groups: meat/dairy; breads/cereals; fruit and vegetables.
3. Drink regularly throughout the day. Dehydration (not having enough water) can leave you thirsty, tired and prone to headaches. The best fluids are water, juice, milk or diluting juice/squash.

Try exploring foods you haven't eaten before - the greater the range of nutrients you eat, the more you keep your health on track.

SCOTCH BEEF & ROASTED VEGETABLE COUSCOUS SALAD

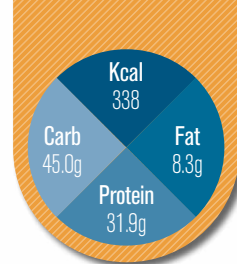
SERVES **4** PREP **15** COOK **30**

1kg butternut squash, peeled, seeded and cut into 2cm cubes
250g punnet cherry tomatoes
250g bunch asparagus, halved
435ml chicken stock
Juice and grated zest (rind) of 1 orange
1 inch of peeled & grated fresh ginger or 1tsp minced ginger in oil
300g of dry couscous
2 sirloin steaks
3 spring onions, chopped
Rocket leaves to garnish & olive oil spray

Pre heat the oven to 210°C. Spray an oven tray with oil and arrange butternut squash cubes in a single layer. Bake for 20 minutes, then add tomatoes to the tray and cook for a further 10 minutes. Meanwhile, cook the asparagus until just tender, then drain thoroughly.

In a large bowl stir the hot stock into the couscous. Add the orange rind, juice and ginger. Cover tightly with a lid, remove from heat and stand for 5 minutes. Then separate the grains with a fork.

Spray a non-stick frying pan with oil, and cook the beef for 3 minutes on each side (more if you prefer it well done). Finely slice the meat. Gently fold the spring onion, asparagus, squash and tomatoes into the couscous and toss until combined. Spoon onto a serving plate. Top with strips of beef. Garnish with rocket leaves.



SPAGHETTI WITH CHILLI BEEF AND BEANS

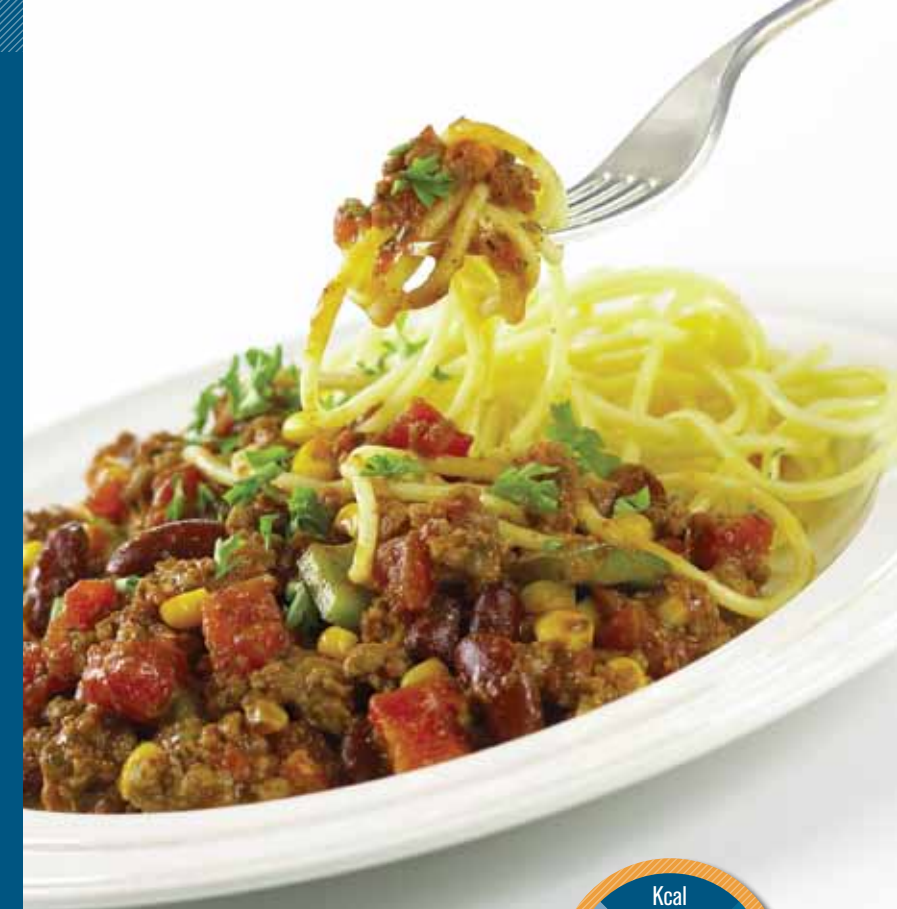
SERVES **6** PREP **10** COOK **25**

500g lean Scotch Beef mince
2 teaspoon medium chilli powder
500g jar of tomato based pasta sauce
410g can of red kidney beans, rinsed and drained
340g can corn kernels, drained
1 green pepper, seeded and diced
300g (dry weight) spaghetti
Olive oil spray

Spray a large saucepan with oil and heat. Add beef and chilli powder and cook over medium heat for about 5 minutes, until browned, breaking up any lumps. Stir in stock and pasta sauce, and bring to the boil.

Reduce heat and simmer, partially covered, for 15 minutes, stirring occasionally. Add beans and vegetables and cook a further 5 minutes. While sauce is simmering, cook pasta in a large saucepan of boiling water. Drain and serve with the sauce. Garnish with shredded parsley and spring onions, if desired.

Hint: This sauce keeps in the fridge for up to two days – in fact the flavour improves if made ahead. It also freezes well for up to 2 months. Freeze in individual portions, labelled and dated.



CATRIONA MORRISON

2011 TEXAS IRONMAN CHAMPION



MIND GAMES

Training for an Ironman triathlon is a full time occupation. I've got to be constantly recovered and ready for training days that often exceed six hours duration. I have to be mentally and physically prepared for a race that lasts from nine to ten hours.

A healthy balanced diet not only fuels my body, but also my mind. There is a lot of time in an Ironman race for the mind to wander and part of the challenge of this event is to remain focused and in the moment. I often mentally put myself into a race situation during training. If I am in the pool I try to keep up with the swimmer in front. On the bike I rehearse pace training and when I am running I imagine my competitors ahead of me so that I am motivated to work harder to catch them. When it comes to race day these elements are second nature and I can push myself further and faster as I know that I have done the work in training.



FUELLING YOUR BODY FOR BEST PERFORMANCE

Your diet should ensure you have enough fuel every day, from a wide range of foods that provide you with protein, carbohydrate and fat.

CARBOHYDRATE

Is needed to fuel almost every type of activity, including your brain. Healthy sources of Carbohydrate include:

- Pasta, noodles, rice, couscous
- Cereals (especially wholegrain), breads, bagels, crumpets, scones, pancakes
- Potatoes, sweet potatoes, sweetcorn
- Fruit - fresh, canned, dried or juice
- Cereal bars, rice cakes, oatcakes, crisp breads, jaffa cakes, malt loaf

PROTEIN

Important for growth and repair of your body, and forms the structure of many parts of your body (e.g. hair, nails, muscles). Many of these foods, especially red meats, are excellent sources of iron (for forming new red blood cells and carrying oxygen around your body) and zinc (for repairing wounds and good immune function). Healthy sources of Protein include:

- Lean beef, pork, lamb
- Skinless chicken, turkey
- Fish and seafood
- Eggs
- Cheese, yogurt, milk
- Lentils, pulses, beans, nuts and seeds
- Tofu, soya, quorn

FAT

Small amounts of unsaturated fats are necessary for the normal health and functioning of your body so never totally eliminate fats from your diet. However, eating high fat foods regularly (such as fried foods) can damage your health. Healthy sources of Fat include:

- Lean meats
- Olive oil, olives
- Oily fish (e.g. mackerel, salmon, sardines)
- Seeds and nuts
- Polyunsaturated margarine

TAGLIATELLE WITH MOROCCAN STYLE LAMB

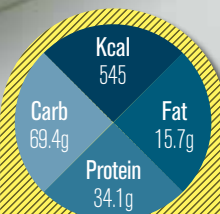
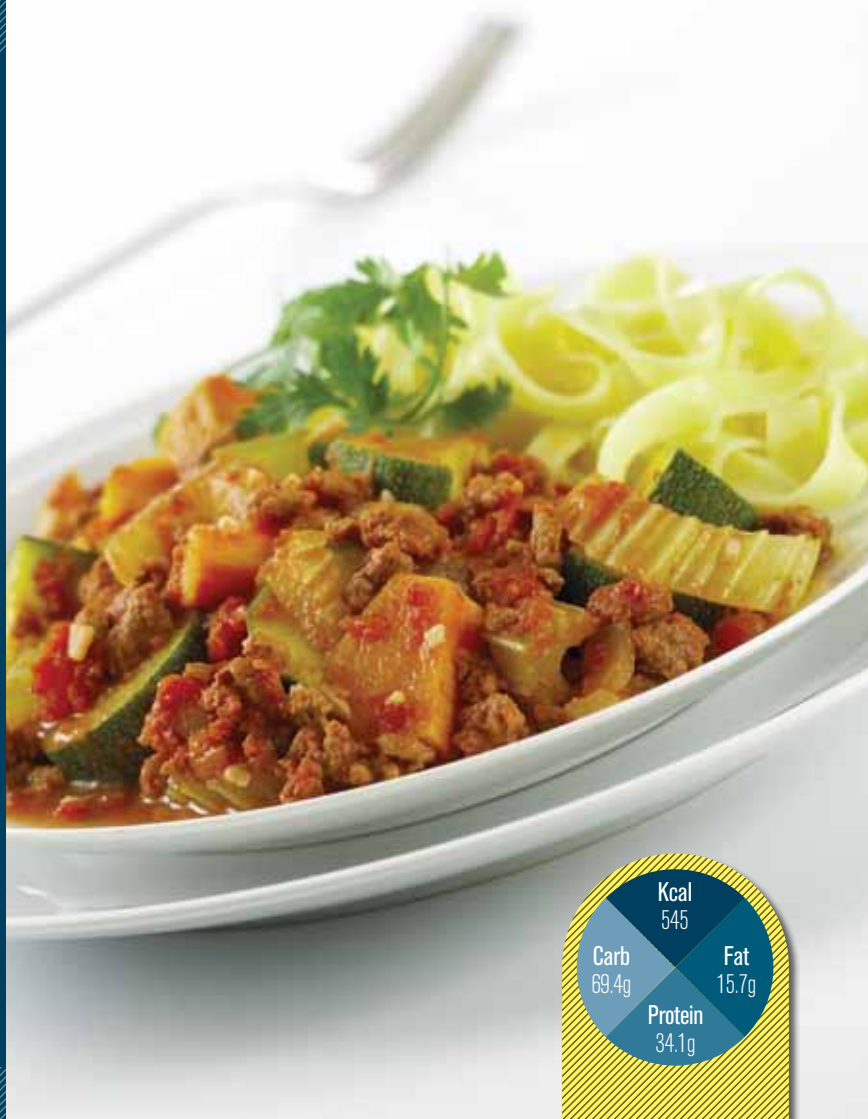
SERVES **4**
PREP **10**
COOK **35**

1 onion, chopped & 3 stalks of celery, chopped
2 tsp minced garlic & 3 tsp ground coriander
3 tsp ground cumin & 250ml chicken stock
500g minced Scotch Lamb
400g can chopped tomatoes
500g sweet potatoes (1 medium sized potato) peeled and cut into 2 cm/1" cubes
2 courgettes, halved lengthways and thickly sliced
320g (dry weight) tagliatelle
Olive oil spray

Spray a large saucepan with oil and heat. Cook onion and celery for 3 – 4 minutes, or until soft. Add garlic and spices and cook for 1 minute more. Add lamb and cook, stirring, for 5 minutes over a high heat, or until browned, breaking up any lumps with the back of a wooden spoon. Add stock, tomato and sweet potato.

Bring to the boil, reduce heat and simmer, partially covered, for 10 minutes. Add courgette and cook, uncovered, over medium heat for 15 minutes, stirring regularly, until vegetables are tender and the sauce has thickened.

While the sauce is simmering, cook pasta in large saucepan of boiling water according to packet instructions. Drain and serve topped with sauce. Garnish with sliced spring onions, and chopped parsley, if desired.



BEEF AND SPINACH LASAGNE

SERVES **6**
PREP **20**
COOK **40**

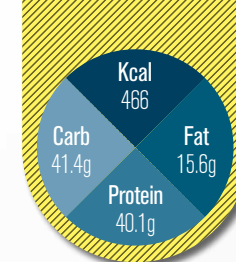
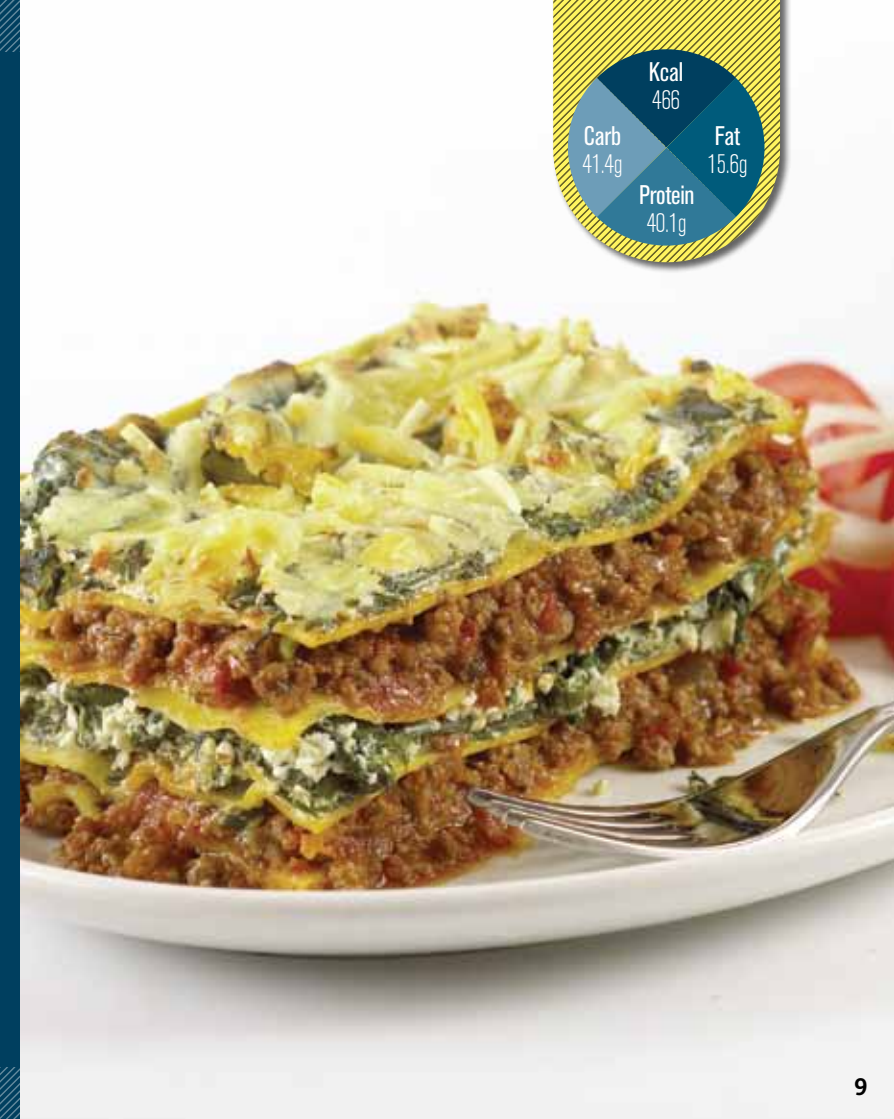
1 medium onion, finely chopped
Olive oil spray
2 teaspoons minced garlic
500g lean minced Scotch Beef
400g can chopped tomatoes
100g tomato puree
1 cup water
300g pkt young spinach
250g ricotta cheese
100g low fat natural fromage frais
250g dried lasagne sheets
50g reduced fat cheddar cheese
grated nutmeg

Preheat oven to 180°C (350F).

Spray large non-stick pan with olive oil and heat. Add mince and cook until brown. Add onion and garlic and cook for a further 2 minutes. Stir in tomato puree, then chopped tomatoes and water. Reduce heat and simmer for 5 minutes.

Cook spinach in boiling water, drain and squeeze out any excess water. Place in a bowl and add ricotta & fromage frais, stirring gently until combined.

Spread half meat sauce over the bottom of a large dish. Arrange a layer of lasagne sheets on the sauce. Cover with a layer of spinach & ricotta mixture, followed by a layer of lasagne sheets. Repeat with another layer of meat sauce, lasagne sheets and finishing with a layer of the spinach mixture. Sprinkle with grated cheese. Bake for 30 minutes until heated through and golden brown on top.



CRAIG BENSON

OLYMPIAN AND WORLD JUNIOR CHAMPION



BELIEVE IN YOURSELF

Positive thinking and self-belief is vitally important to perform well. You've got to go into a swim believing you can win and be 100% focussed. However, having support from family and friends always helps. During the Olympics hearing the crowd was amazing, it makes you smile knowing you have the support and it really pushes you along.

Support behind the scenes is important too and I've recently appreciated how much diet impacts training and racing. Having nutritionists to advise and help out is a great boost and keeps me on the right track. One of my favourite dishes still has got to be steak and chips – you can't go wrong!



PREPARING FOR EXERCISE

If you want to perform at your best, whatever your sport or physical activity, you must be well fuelled and hydrated before you start.

BEFORE EXERCISE

It is generally recommended that you eat/drink within 1-2 hours before exercise, but you will need to experiment with what, how much and when.

For example:

- a bowl of cereal with semi-skimmed milk
- 2-3 slices of toast or a bagel with honey, jam or marmalade
- a bowl of pasta with tomato based sauce
- a bowl of porridge with raisins
- a cereal bar and a banana
- a handful of dried apricots and raisins and a tub of low-fat yogurt

Be sure to keep sipping water right up until (and during) exercise.

DURING EXERCISE

It is always important to drink some water while you're exercising, and if exercise lasts for more than an hour, taking in carbohydrates as well as the fluid helps prevent tiredness and dehydration. Becoming dehydrated (losing body water) during exercise can be dangerous if large amounts are lost, but even losing small amounts can reduce your performance.

Examples of what you can have DURING exercise include:

- a banana with regular sips of water
- oranges at haltime/breaks in the game
- fruit bar or cereal bar or a handful of raisins
- regular sips of an isotonic sports drink
- 50:50 mixture of fruit juice to water, or a dilute standard squash

CURRY IN A HURRY

SERVES **4** PREP **15** COOK **30**

2 cups basmati rice
500g Specially Selected Pork fillet
1 onion, sliced
2 teaspoons medium curry powder
410mls light evaporated milk
1 tbsp desiccated coconut
200ml/7 fl ozs hot chicken stock
300g potatoes, peeled and cubed into 1cm cubes
200g button mushrooms, quartered
150g fine green beans, halved
1 red pepper, de-seeded and sliced
Olive oil spray

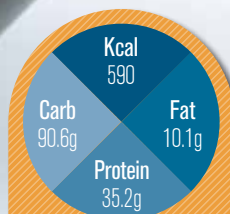
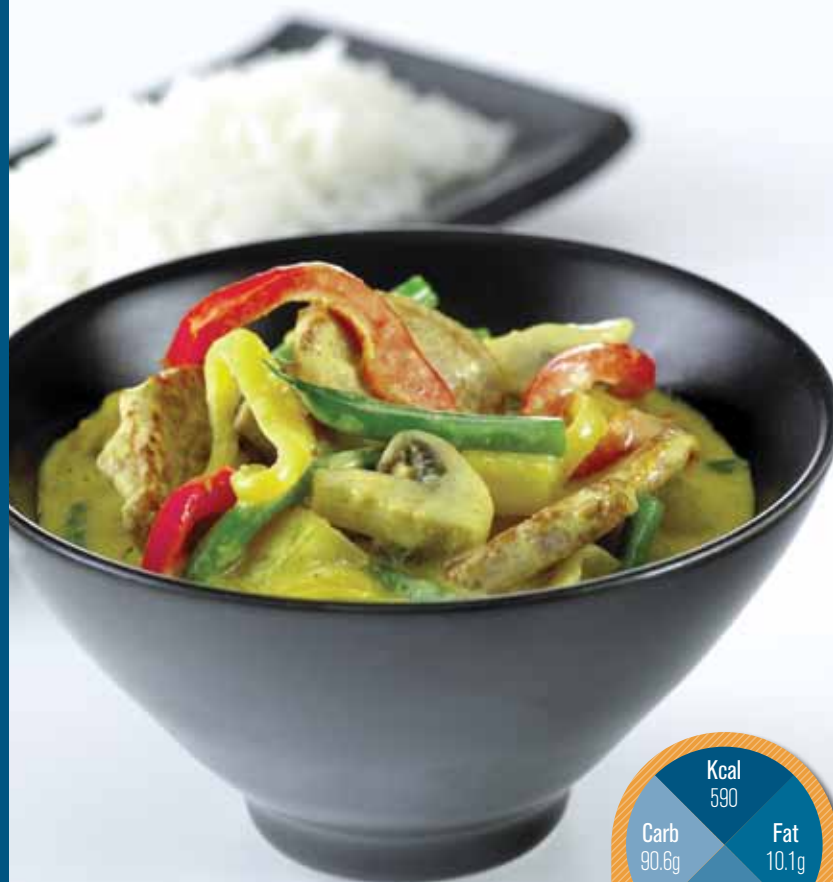
Cook rice according to packet instructions. Drain well. Spray a non-stick wok or frying pan with oil and heat. Cook pork in 2 batches over a high heat until lightly browned.

Remove from pan. Cook onion and curry powder over a medium heat for 2 minutes or until onion has softened.

Stir in the evaporated milk and stock. Bring to simmer. Add potatoes and mushrooms and cook, uncovered, for 10 minutes or until the potato is just tender. Add beans and pepper and simmer for a further 5 minutes, until tender but still crisp.

Add pork and heat through. Serve with rice. Garnish with coriander, if desired.

Hint: Most curries will freeze well and the flavour develops on standing.



SCOTCH LAMB WRAPS

SERVES **4** PREP **20** COOK **10**

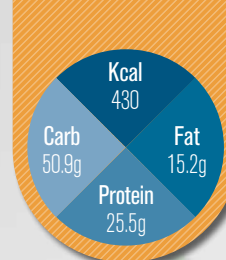
500g lean boneless Scotch Lamb leg steaks
1 clove of fresh garlic chopped
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1 tablespoon clear honey
1 tablespoon lemon juice
4 tortillas
100g low fat hummus
1/4 small iceberg lettuce, shredded.
1 red onion, thinly sliced
1/3 cup sweet chilli sauce

Place lamb, garlic, spices, honey and juice in a non metallic bowl, toss to coat lamb, then marinade.

Spray a non stick frying pan with oil and heat. Cook lamb over a high heat until browned. 4-5 minutes each side or until cooked to your liking. Remove from pan, transfer to a plate and allow to stand for 5 minutes before slicing thinly. Place bread on a flat surface.

Divide hummus between the bread and spread evenly to cover the centre of the bread. Top with lettuce, arrange lamb along the centre, top with red onion and roll up to enclose. Serve with sweet chilli sauce.

Hint: Use a large tortilla wrap. Fill as instructed and fold into a parcel. Grill in a sandwich maker for 2-3 minutes.



CHRIS PATERSON



FORMER SCOTLAND INTERNATIONAL RUGBY PLAYER –
SCOTLAND'S RECORD CAP AND POINTS HOLDER

PRIDE AND PASSION

I am hugely proud of achieving so many caps for my country and working hard on fitness has been a big part of that. Good nutrition and choosing top quality food is an important aspect of training and recovery.

In helping to develop the next generation of international rugby players, nutrition is an important issue that coaches and players should regularly address. Even at youth level, knowing what healthy eating is about and simply learning to look after yourself will pay dividends in the future.

Cooking is a source of relaxation for me and it is easy to prepare simple quick meals to provide energy, protein, vitamins and minerals. Eating properly doesn't take much effort – you won't find a ready meal on our table!



REFUELLING AFTER SPORT

You will recover from your game, training session, race or sport much faster if you try to eat some carbohydrate within half an hour of finishing. Your body is cleverly designed to refuel and repair itself more quickly after exercise than at any other time to get you back into action faster.

Good choices for after exercise include:

- a sandwich or roll, such as those outlined in this booklet
- a bagel with strawberry jam or honey and banana
- a cereal bar and a tub of low-fat yogurt
- a bowl of cereal with semi-skimmed milk
- 3 jaffa cakes and a milkshake made from semi-skimmed milk

Remember to keep drinking! Thirst indicates you are already dehydrated, so ALWAYS DRINK TO PREVENT THIRST.

Chocolate and crisps aren't good choices after exercise because their fat content makes the nutrients in them take longer to reach your muscles. Keep these foods as special treats, once or twice a week, rather than every-day foods.

Try to follow up this snack with a well-balanced 'meal' within the next two hours.

For example:

- Beef and couscous salad
- Baked potato with chilli beef and beans and salad on the side
- Pork with plum sauce
- Beef (or pork or chicken) stir fry with vegetables and rice
- Lamb wraps
- Beef and spinach lasagne
- Baked beans on toast (throw in some frozen peas and corn for veg!)

PORK WITH PLUM SAUCE

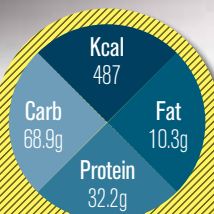
SERVES 4 PREP 15 COOK 15

250g (dry weight) medium egg noodles
500g Specially Selected Pork, cut into thin strips
1 tablespoon grated fresh ginger
1 onion, sliced
250g asparagus, cut into short lengths
200g broccoli, cut into tiny florets
1 chopped red pepper
200g mange tout, halved
80ml plum sauce
2 tablespoons chilli sauce
80ml reduced salt soy sauce
Olive oil spray

Cook noodles as per packet instructions. Gently use a wooden spoon to separate the strands. Drain well. Spray a wok with oil and heat. Add pork and stir-fry over high heat until browned and cooked through, then set aside. Add ginger and onion to wok with 1 tablespoon water and stir fry until golden.

Add asparagus, broccoli, pepper and mange tout and stir fry until bright green and tender. Put sauces in a jug and whisk to combine. Add to wok, stirring over high heat until sauce thickens slightly.

Return pork to wok and cook for 2 minutes or until heated through. Serve noodles topped with pork. Garnish with chervil and chopped chives, if desired.



PEPPERED SCOTCH BEEF AND VEGETABLES

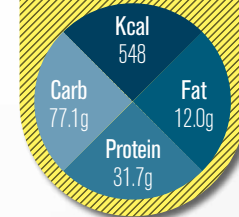
SERVES 4 PREP 10 COOK 25

2 cups basmati rice
500g rump steak cut into thin strips
2 level teaspoons coarsely ground black pepper
1 teaspoon crushed garlic
3 spring onions, sliced
500g packet frozen mixed stir fry vegetables
200g baby pak choy/Chinese leaves, leaves separated
3 tablespoons oyster sauce
1 teaspoon clear honey
40g blanched almonds
2 tablespoons freshly chopped coriander leaves
Olive oil spray

Cook rice according to pack instructions. Drain well. Meanwhile place the strips of meat and pepper in a clean, dry plastic bag, twist to close the bag and shake to coat the meat with the pepper. Spray a non-stick wok or frying pan with oil and heat. Stir-fry the peppered meat in 2 batches over a high heat for 2-3 minutes or until browned and tender.

Remove from wok and keep warm. Reheat wok, add almonds and stir-fry until golden then remove with a slotted spoon. Add garlic, spring onion and remaining vegetables and stir for 5-6 minutes until tender but still crisp.

Drizzle in the oyster sauce and honey to wok and stir through. Return beef to the wok and toss until heated through. Just before serving stir in the toasted nuts and chopped coriander leaves. Serve immediately with rice.



NICKI COCHRANE

HOCKEY GOAL KEEPER –
SCOTLAND WOMEN, U21'S AND U18'S



PREPARE FOR THE PRESSURE

Balancing the demands of training, matches and study commitments can be hard at times. It's a real challenge to keep everything going, but my two ambitions are to play international hockey at the highest level and to complete a degree, so getting the right hockey-study balance is important to me. This means coping with the demands made on my body - not to mention my brain! In the average week, it's essential that I eat healthily to maintain both my physical energy levels and my mental strength. For that reason, I follow a balanced diet and make sure I drink plenty of fluids. By training hard and taking care to choose the right foods, I know I'm giving myself the best possible chance of performing well each time I step into the goal.



MENTAL FITNESS AND SUCCESS

Your mental or psychological well-being can be just as important as your physical fitness in preparation for sport. Often this psychological 'edge' is exactly what separates two equally talented athletes at the pinnacle of their sporting careers.

Consider the following words and what they mean to you:

- Motivation
- Commitment
- Determination
- Discipline
- Focus
- Self-belief
- Enthusiasm
- Knowledge
- Positive thinking
- Adaptability

Now think of any top performer and all that they have achieved in their lives. You will see that the terms mentioned above are just a few of the words that can be attributed to these great athletes.

Indeed they go hand in hand with any type of success throughout life, and the beauty of it is that anyone can achieve this state of mind if they really want to.

Within any successful person you will see:

- the utter determination, focus and drive to reach their goals
- a continuous search for ways to improve
- the motivation and focus to keep on going when things do not go to plan
- an ability to remain positive and to learn from mistakes
- an insatiable thirst for knowledge
- enthusiasm and belief that what they are doing with their life is right

SPIRALS WITH SCOTCH LAMB, FETA AND VEGETABLES

SERVES 4 **PREP** 15 **COOK** 10

500g pasta spirals
250g pack baby corns, halved lengthways
400g Scotch Lamb leg steaks cut into strips
1 red onion, cut into thin wedges
1 green pepper, cut into thin strips
2 courgettes, thinly sliced
150g button mushrooms, sliced
1 punnet cherry tomatoes, halved (250g)
60g feta cheese, crumbled
Olive oil spray

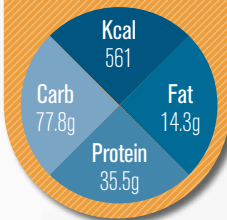
Cook the pasta according to packet instructions.

Spray a large non-stick frying pan or wok with oil and heat. Cook half the lamb for 2-3 minutes until browned and cooked through. Repeat with remaining lamb. Transfer to a plate, cover loosely with foil, and stand for 5 minutes.

Thinly slice across the grain and set aside. Reheat the frying pan (spray again if required) and cook baby corn, onion, pepper, courgette and mushrooms for 3 minutes.

Add tomato, stir-fry for another 2 minutes. When cooked, drain the pasta and return to the saucepan. Add vegetables, and lamb and stir to combine.

Serve topped with crumbled feta cheese. Garnish with parsley and sliced spring onions if desired.



SWEET AND SOUR PORK

SERVES 4 **PREP** 15 **COOK** 25

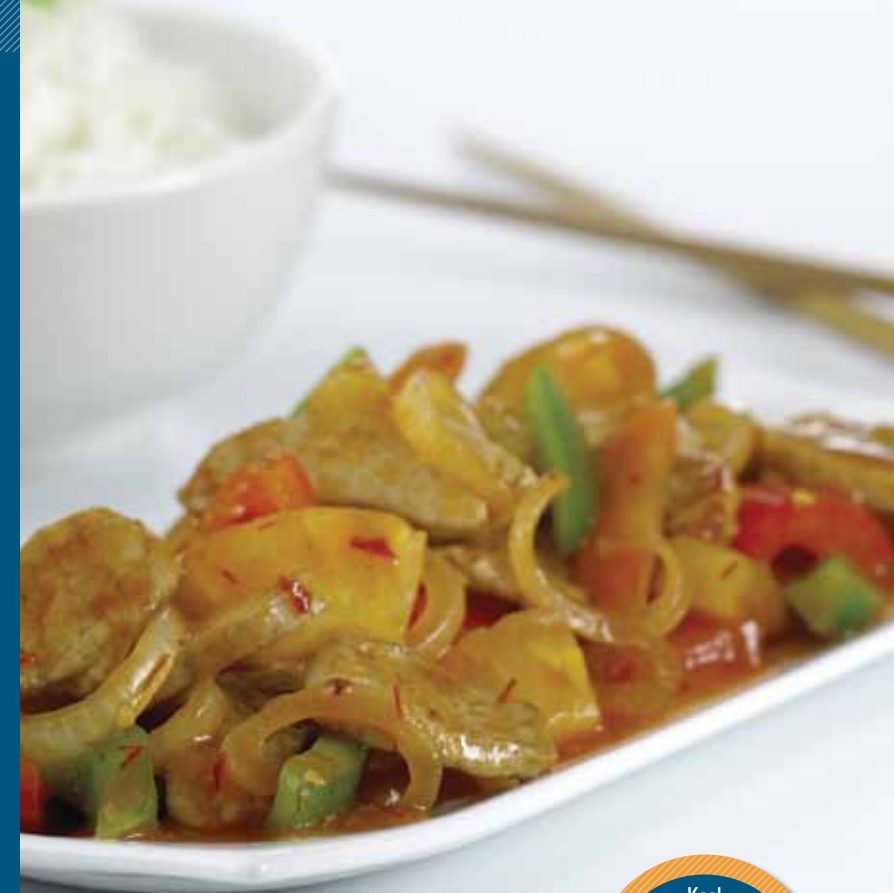
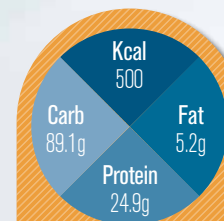
2 cups basmati rice
500g thin strips of Specially Selected Pork or boneless leg steaks
1 onion, sliced & 1 carrot, thinly sliced
1 small red pepper, deseeded and cut into chunks
1 small green pepper, deseeded and cut into chunks
432g can pineapple pieces, drained and juice reserved
300ml tomato juice
1 tablespoon sweet chilli and garlic sauce
2 tablespoons white wine vinegar
1 tablespoon cornflour
Sliced spring onions to garnish
Olive oil spray

Cook rice according to pack instructions. Drain well. Spray a non-stick frying pan or wok with oil and heat. Add pork and cook in batches for 2-3 minutes over a high heat, until browned and cooked through. Set aside.

Reheat wok, add onion and stir-fry until golden. Add pepper and carrot and stir-fry for a further 2-3 minutes, until tender.

Meanwhile, blend together the pineapple juice, tomato sauce, chilli and garlic sauce, vinegar and cornflour in a jug and whisk until smooth. Return pork to wok, add the sauce and pineapple, stirring over a moderate heat until the sauce thickens.

Garnish with sliced spring onions. Serve with rice.



LEE McCONNELL

TRIPLE OLYMPIAN & COMMONWEALTH GAMES
SILVER MEDALLIST



BREAK IT DOWN

Make sure you're getting the right mineral intake in your diet. Three minerals essential to your training and found in red meat are zinc, iron and selenium.

Zinc is important to fight infection, and helps keep out the cold (essential when training in Scotland). Iron deficiency causes lethargy and a reduced work performance, while selenium helps maintain your immune system and mental attitude.

One other simple tip when eating for optimum performance is don't forget to drink enough water. Dehydration can cause athletes to underperform and I drink at least four litres of water a day, and more if training.



MOULDING YOUR BODY SHAPE

Keeping your body in shape is not as difficult as many people think. Developing good life-long eating and exercise practices as a teenager will keep your body well-toned and prevent you from putting on unwanted body fat.

Some things to remember:

- Eat regularly throughout the day and keep your fluid intake up.
- Get in tune with your appetite. Eat in response to hunger, stop when you feel satisfied, and leave at least 10 minutes after a meal before you go back for more.
- Get into a regular exercise routine, and stick with it – despite what your friends may think or do! Even walking briskly for half an hour a day is enough to keep a good base level of fitness.
- Be organised – prepare or choose healthy foods as described in this booklet so you can avoid the trap of the vending machine or fast food outlet.

Some of you may be interested in putting on extra muscle. There are no secret tricks for this, and you don't need an array of expensive sports foods or supplements to do so. Sourcing more energy, from a range of foods (carbohydrates and protein), is crucial and will usually require:

- Extra snacks between meals
- Slightly larger meal sizes
- Making good use of fluids (more juice and milk rather than just water).

However, without the right training programme to go along with this food, you will only gain body fat, not muscle.

Talk to someone at your school or gym who knows about strength training so that you get the right programme for what you want to achieve.

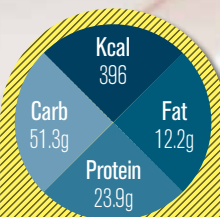
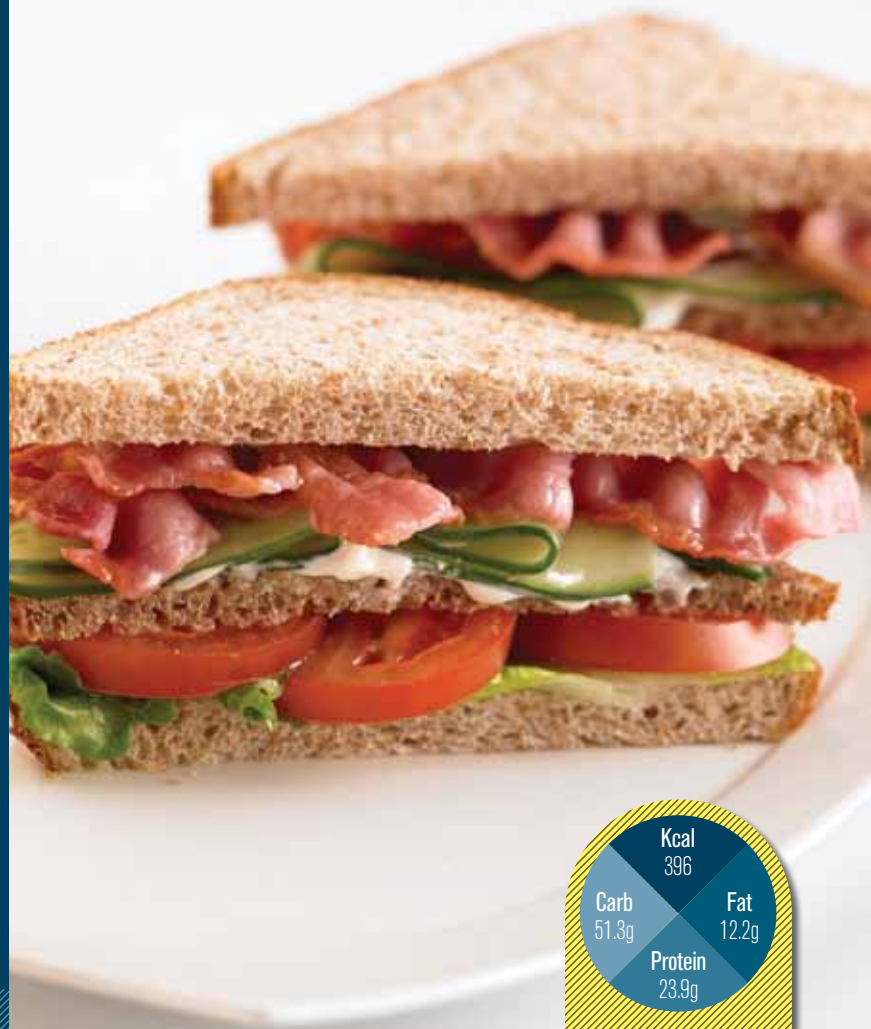
BLT CLUB SANDWICH

SERVES **4** PREP **10**

8 thick slices of wholemeal bread, lightly toasted
4 thick slices of rye bread, lightly toasted
3 tablespoons of low fat mayonnaise
8 leaves Cos or Romaine lettuce leaves
200g crispy grilled bacon (fat trimmed off)
2 medium tomatoes
Thin strips of cucumber cut lengthways

Trim crusts off the bread. Lightly spread with mayonnaise.

To assemble, place lettuce leaves on wholemeal bread slices, top with tomato, followed by a slice of rye bread, tomato, bacon and cucumber. Finish with slice of wholemeal bread.



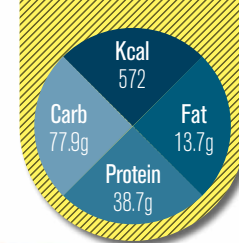
SCOTCH BEEF STEAK SANDWICH

SERVES **4** PREP **10** COOK **20**

4 x 1cm thick, Scotch Beef fillet steaks, flattened slightly
200g button mushrooms, sliced
3 tablespoons balsamic vinegar
2 onions, thinly sliced
1 teaspoon brown sugar
2 ciabatta loaves, cut in half, sliced lengthways and lightly toasted.
50g mixed salad leaves
2 tomatoes, thinly sliced
300g beetroot slices, drained
Olive oil spray

Spray a non stick frying pan with oil and heat. Add mushrooms and 1 tablespoon balsamic vinegar and cook over a high heat until browned and tender. Remove from pan. Add onion, remaining balsamic vinegar and sugar and cook over a low-medium heat for 10 minutes or until caramelised. Remove from pan. Clean pan, re-spray with oil and heat. Cook steaks over a high heat for 2-3 minutes on each side, or to your liking.

Toast bread until golden brown on both sides. To assemble, on a slice of bread, place salad leaves, beetroot, tomato, steak, onion and mushrooms. Top with another slice of bread and serve immediately.



RONA STRIVEN



DOWNHILL MOUNTAIN BIKING

Rona applied and won a 'Go for it Scotland!' Bursary in 2012 to enable her to purchase essential safety equipment including neck brace, full face helmet and padded trousers, all needed to compete at a higher level. She has been downhill mountain biking since she was six and finds herself somewhat a rarity as one of the few girls competing in this extreme sport. At times in 2011 she was the only girl to take part in the Innerleithen Down Hill series, amongst 60 boys!

Rona says "Now with the correct safety gear I am about to compete in my first major competition on the Fort William World Cup course, a really exciting opportunity on a challenging rocky descent. Without the equipment bought with the 'Go for it Scotland!' Bursary I would be in danger of severe injury, and would not be able to ride at speed."

To cope with the thrills and spills of her sport Rona needs to be very fit and strong. She practices her downhill skills, jumps and berms, road bikes around the Cairngorm Mountains and keeps up a nourishing diet to ensure she's always ready to ride. "It's fun when I get to the bottom of a run, remove my helmet and hear people comment on a 'girl' underneath it all," says Rona.



GO FOR IT SCOTLAND! SPORTS BURSARY

This exciting bursary programme developed by QMS in partnership with **sportscotland** offers a comprehensive programme of sponsorship as part of Scotland's celebration of sport and healthy living in the run-up to Glasgow 2014.

The 'Go for It Scotland!' funding can be used for equipment, specialist clothing, travel, training, nutrition, coaching or to set up or develop a new or existing group or club. Anyone can apply providing they live and train in Scotland and take part in a healthy activity which increases their heart rate.

Stewart Harris, Chief Executive of **sportscotland**, said "**sportscotland** is delighted to partner Quality Meat Scotland to support the 'Go for it Scotland!' bursary programme. As the national agency for sport, we are passionate about encouraging people to become involved in sporting activities, which is why this partnership is such a great fit for **sportscotland**."

For more information about the bursary go to www.qmscotland.co.uk



IRENE RIACH

MSc RD SENr HPC REGISTERED DIETITIAN
SENIOR PERFORMANCE NUTRITIONIST WITH SPORTSCOTLAND

NUTRITION - WHY IT MATTERS

Nutrition is often overlooked initially by athletes as most will immediately think of training as strength and conditioning, physiotherapy or training adaptations made by a physiologist or coach. Even in everyday life people generally see food as energy as opposed to how it can influence how they feel and their performance. But the correct nutrition is a vital part of training and recovery. Nutrition is an essential ingredient that underpins all aspects of sporting performance. From a decorated Olympian to a fun runner nutrition can make a difference. Helping people realise and reach their potential is a privilege and the field of nutrition combines the science, the human behavior and practical application into an aspect of life that positively impacts everyone.



IRENE'S TOP TEN TIPS

1. Have a planned approach to your nutrition: match your daily intake to that of your training needs. Know what you are having at each meal for the week ahead.
2. Whenever you prepare a meal from scratch always make double and then freeze the extra portions for homemade ready meals for next week. You are cooking anyway and it means you will save time at another meal!
3. Remember each meal should contain carbohydrates, a protein source and some fruit or vegetables.
4. Monitor your hydration: know your fluids requirements for each type of session you typically do and what might increase your requirements i.e. length and intensity of session, training environment.
5. Choose high quality proteins which are low in fat and rich in nutrients. Remember that proteins are the building blocks of your muscles. Lean red meat will not only provide protein but is also an excellent source of easily absorbed iron. Iron is essential to carry oxygen around the body. Other good sources of proteins are poultry, fish, beans and pulses.
6. Remember your fruit and vegetables. These are an excellent source of natural vitamins and minerals which can be easily absorbed by your body and will be more pleasant and safer than swallowing a vitamin/mineral supplement.
7. At each meal choose foods that contain the best nutritional package i.e. not only provide you with the correct type of energy but come along with a good source of natural vitamins and minerals.
8. Make sure you always have your fluids and snacks in your kitbag. This way you are able to top up your hydration and fuel wherever you are and you won't be tempted or limited by choice at your training venue. It will save you money too!
9. Remember that starting each training session well fuelled and hydrated will help your to maximise the training gains at each session. After all that is what training is all about so make each session count.
10. We are all habitual in our intakes so once a month prepare something new and if it is a success then you have added another meal to your growing recipe folder!

Remember to celebrate Scotland's larder whenever possible. We have fantastic foods produced right on our doorstep: meat, fish, game, oats and don't forget our fantastic soft fruit in the summer months. Cut your food miles, help the environment and support Scottish producers when you can.

PHYSICAL FITNESS AND WELL-BEING FOR LIFE

Physical fitness is important to help you perform well in a chosen sport or in daily life, and helps you cope successfully with the varied demands you face in your life.

Fitness can be divided into numerous elements:

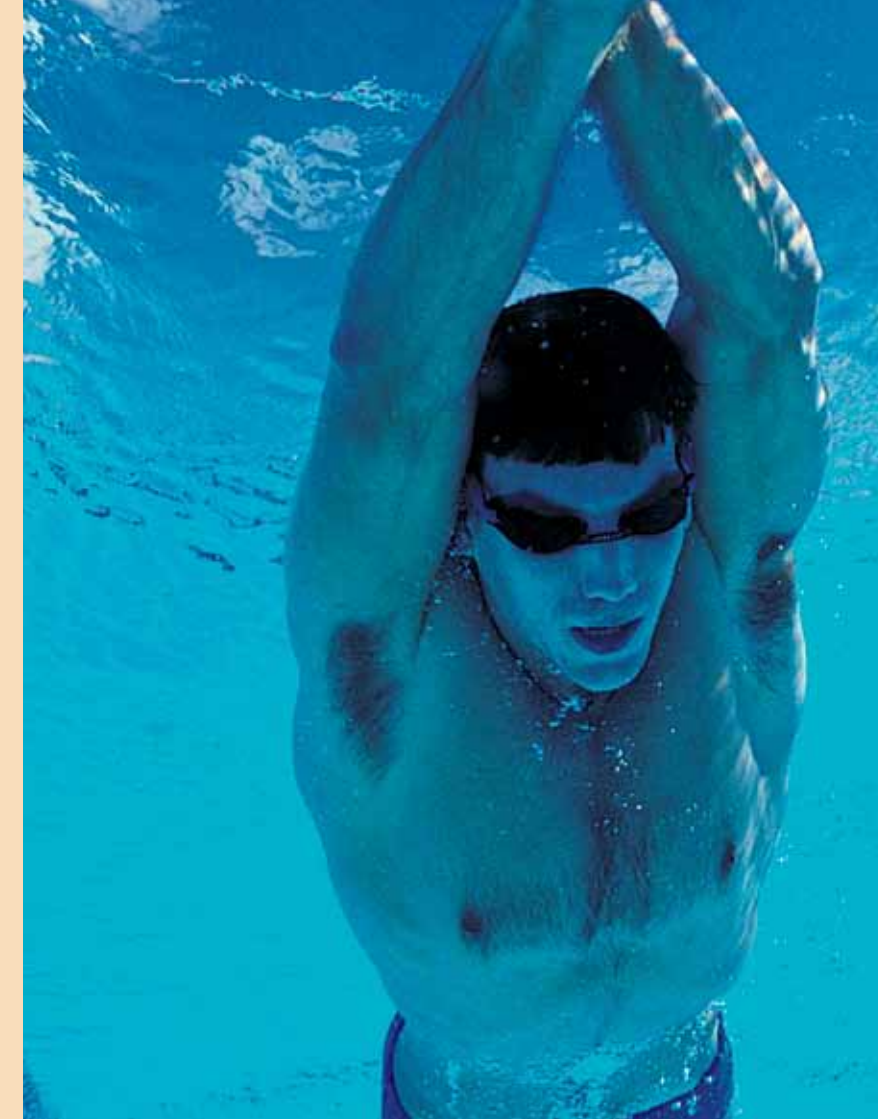
- Speed
- Strength
- Power
- Endurance
- Flexibility
- Agility
- Balance
- Skill

All these components are necessary within each sport or activity you might do. For example, imagine a skilful, fast footballer that you admire. Footballers require bursts of speed during a match to position themselves appropriately around the pitch. They also need endurance so that they do not tire towards the end of a match and agility and skill to control the ball or perform a tackle.

Alternatively, consider the poised and powerful gymnast. Gymnasts require an immense amount of flexibility, skill and strength to balance motionless, bearing their own body weight on one arm. They also need power, speed, agility and endurance to perform a gruelling routine on the mat.

Combining elements of the following activities into your training or exercise routine will help you to become healthier, fitter and stronger, and also less prone to injury.

- Pilates – postural awareness, core strength, breathing control
- Circuits – overall body conditioning
- Stretching – dynamic [with controlled movement] before sport and static [without movement] after sport
- Cross Training (i.e. or other activities different to your primary sport) – improved endurance, prevents boredom, maintains fitness
- Plyometrics – increased explosive power and agility



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sportscotland
the national agency for sport

PERFORMANCE +

This booklet outlines the benefits of eating a balanced, healthy diet and will demonstrate to you that eating sensibly is not as difficult as it may first appear. It **CAN** be cheap, simple, yet varied and is definitely **NOT** boring! Good, consistent nutrition practices throughout your life will have long term health benefits.

