

Nutritional Advice for 'Lockdown'

This resource gives an overview of some guidelines to consider during periods where normal routine has been disrupted.

This sheet is best paired with the main article on the GBPN website as it contains further detail & context.

'Be Kind to Yourself' | 'Have a Plan' | 'Understand Your Physical Activity'

Protein
20 - 30g, 4 - 6x per day Supports Maintenance of Muscle Mass
Vegetables & Fruits
Micronutrients, Phytonutrients & Fibre Use Additional Herbs, Garlic, Chilli
Carbohydrate
Potentially ↓ Requirements if Physical Activity is ↓ But is the Primary Source for Exercise
Fats
Aim for High Quality Sources e.g. Olive Oil
Snacking
Be Mindful of Snacking But Avoid Restricting
Learn New Skills

Remember to stay well hydrated. 6 – 8 glasses of water is the typical recommendation, but you may require 250mL per hour whilst exercising. Additional electrolytes may also be a consideration.

Handy Sources		
Carbohydrates	Protein	Fats
Pasta	Eggs	Extra Virgin Olive Oil
Rice	Tinned Tuna	Nuts & Seeds
Chickpeas	Salmon	Greek Yoghurt
Oats	Pulses	Nut Butter
	Milk	

Physical Activity
<i>Non-Exercise Physical Activity</i>
Cleaning, Gardening Etc...
<i>Think of Inventive Ways to Keep Training</i>
Walking, Running, Cycling, Bodyweight Training... Fingerboarding, Home Woody...
<i>Be Cautious of Your Total Volume & Intensity</i>
Avoid Injury!

It must be noted that this nutritional advice covers broad guidelines and is not designed to be specific to all individuals. Furthermore, the advice is not designed to improve or cure any medical requirement.

For further guidance seek a consultation with a specialist dietician or registered nutritionist. If medical help is required, contact your GP.

For individualised nutrition coaching you can contact me at: gbpnutrition@outlook.com