

# TRI FUEL

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3 on test...

## TUNA SALADS

They're an easy choice for lunch in a hurry - but which takeaway salad will best fuel your training and recovery?

WAITROSE

### TUNA NICOISE SALAD (280g)

£3.10 » 258 kcals » 14.6g carbs » 17.6g protein » 13.4g fat

With tuna, a whole free-range egg, baby plum tomatoes, potatoes, four different leafy greens (all good sources of minerals and B vitamins), green beans, olives and a nice French dressing, this is one of the healthiest and tastiest here and the winner of our test. The dressing doesn't increase the fat content too much and the fats are rapeseed oil, which has a nice balanced fatty acid profile of Omegas 3, 6 and 9, and olive oil. It has a nice mustard flavour, too. Nutritionally, it's a well-balanced (albeit small) meal, with good amounts of protein, fat and carbs. However, it's still small for fuelling any long or hard training session, but with some fresh fruit alongside, this is the best choice.



BEST ON TEST



ASDA

### TUNA PASTA LAYERED SALAD WITH MAYONNAISE (440g)

£2.00 » 541 kcals » 55.9g carbs » 27.7g protein » 21.2g fat

Here's a cheaper option but, with fewer fresh salad ingredients, it's not as nutritious as the others. It's significantly higher in calories too. This is supposed to serve two, but I doubt many active triathletes would split it. It's the only one with an amount of carbohydrate that many would be looking for, but pasta as a form of concentrated carbs wouldn't be everyone's choice. And, as you can't add the mayo dressing separately, it comes with a fair amount of fat - although not as much as the Pret salad, below, with dressing!

PRET A MANGER

### TUNA NICOISE SALAD (320g)

£3.99 » 399 kcals » 7.4g carbs » 25.7g protein » 29.6g fat (inc dressing)

This salad is much smaller than it first appears! The salad itself contains a mere 168 kcals, but the dressing bumps that up to 399 kcals - so the dressing contains more calories than the salad! The protein content, from environmentally-friendly pole- and line-caught tuna, along with some free-range egg, is generous at 25g per pack (more than the Waitrose salad). However, the carbohydrate content is very low, with only 3.8g. So if you're looking to fuel a late-afternoon run or bike ride, this may not quite provide the necessary fuel you're looking for.



Slow-burner snack recipe

## ENERGY BARS

Easy to prepare, packed full of goodness and ideal for on-the-bike feeds...

PREPARATION TIME 5 MINS COOKING TIME 50MINS EQUIPMENT NEEDED NON-STICK SAUCEPAN, 18 X 25CM / 12-BAR BAKING TRAY

**C**rammed with nutrient-rich, unrefined carbohydrate, as well as protein, good fats and an impressive spectrum of minerals, these supremely delicious energy bars will gradually release their sugars into the bloodstream to provide a consistent level of energy. They'll keep for days in an airtight container or you can wrap them in foil for tasty and effective on-the-bike refuels. For an even greater nutrient boost, try adding the optional chia seeds, a 'superfood' staple of the Mexican Tarahumara people of long-distance 'barefoot running' fame.

↓ Take these tasty bars with you to refuel on longer bike rides

## INGREDIENTS (MAKES 12 BARS)

- 1 x 297g can condensed milk
- 1 heaped tbsp crunchy peanut butter (can use cashew or almond butter as an alternative)
- 80g pumpkin or sunflower seeds, or a mixture
- 20g poppy seeds
- 40g soft, pitted dates, chopped
- 40g soft apricots, chopped
- 40g raisins, sultanas or dried cranberries
- 25g crystallised ginger, chopped finely
- 15g (1tbsp) milled chia seeds (optional)
- 230g porridge oats (use half jumbo, half standard)

## METHOD

- 1 Preheat the oven to 150°C/gas mark 2. Grease a 12-bar or 18 x 25cm baking tray.
- 2 Pour the condensed milk into a saucepan and gently warm through. Stir in the peanut butter.
- 3 Add the rest of the ingredients to the pan and mix. Spoon into the baking tray and bake in the oven for about 50mins, until golden brown. Leave to cool.

## NUTRITION

- » Energy 339kcal » Protein 8g
- » Carbohydrate 42g » Sugars 27.5g
- » Fat 15.5g » Saturates 7.5g
- » Salt 0.1g » Fibre 4.5g



## DIET ANALYSIS

Wondering if your diet is right for your training? 220's nutritionist Lucy-Ann Prideaux is here to help...

## THIS MONTH:

## SCOTT PAGE

AGE 45 HEIGHT 6ft4in WEIGHT 90kg  
Juggling tri with his role as head of executive staffing for a pharmaceutical company, Scott is keen to drop a few kilos to help his PB...

**I** started triathlon in 2008 as part of a charity fundraising challenge and got hooked. Beginning with novice events and sprint distance, I then raced the Outlaw Half in June 2013, finishing in 5:59hrs. I've had a decent winter's training so will be racing the Outlaw Half again this year and hoping to shave some time off. I'll then be building the training up over the summer to race Ironman Mallorca in September, my first long-distance event. Generally, I'm training 2-3 hours a day, 5-6 days per week and have managed to drop four kilos in the last three months. I think I could probably drop another few kilos, but I'm keen to understand if there's anything lacking in my diet.

## SCOTT'S DAY ANALYSED

**6.30am** 3km swim set with 300ml of water.  
**8am** Bowl of porridge with handful of raspberries or banana and honey, or a bagel with banana and honey. Mug of coffee and glass of fruit juice  
**11am** Powerbar Protein Plus bar. Mug of coffee and 400ml of water.

**LUCY-ANN SAYS:** I would like to see Scott eating some protein at breakfast (post-swim) and then some fresh food at 11am. My suggestions would be to add a couple of poached eggs with some spinach (or other leafy green), after a bowl of oats and raspberries. At 11am some nuts and fresh fruit would be perfect.

**12pm** Mixed green salad with chicken breast or tin of tuna. Small plate of melon or other fruit, plus 300ml water.

**LUCY-ANN SAYS:** This is a perfect midday meal for Scott. There's plenty of lean protein, healthy vegetable and fruit carbohydrate, B vitamins, vitamin C and plant-based antioxidants, all of which is easy on digestion and will continue to fuel his training and recovery between sessions.

**3pm** Three chocolate-covered rice cakes, two cups of green tea and 300ml water.  
**5pm** Banana.

**LUCY-ANN SAYS:** Scott has 'topped up' sufficiently here with carbohydrate prior to his training at 6pm. But I would add in some protein to maximise the effects of his strength training - either some plain yoghurt with his banana or a handful of almonds.

**6pm** Strength training (1hr) with a Powerbar Hydro gel halfway through. Then either an interval run (1hr) with 500ml water with an electrolyte tablet or a 2hr bike followed by a For Goodness Shakes recovery shake.

**LUCY-ANN SAYS:** The gel shouldn't be necessary here, as he has fuelled well prior to training. The shake post-training will do the job of maximising recovery processes.

**8.30pm** Large bowl of wholewheat pasta and meat bolognese, or steak and salad. Glass of red wine and 400ml water.

**LUCY-ANN SAYS:** Lean red meat is an excellent source of protein, iron and important B vitamins like B12. An occasional glass of wine is not thought to disrupt an athlete's training and recovery. However, too much alcohol has been found to disturb the body's biological processes and delicate hormonal balance involved in the recovery process. Specifically, it reduces levels of human growth hormone and testosterone, while increasing cortisol levels. The beneficial antioxidants found in red wine can always be sought from foods such as red grapes, red and purple berries, and a wide variety of vegetables. The best approach is not too much and not every day!



↑ Scott's targeting the Outlaw Half this year

## WOULD YOU LIKE LUCY-ANN'S HELP?



Lucy-Ann Prideaux is a nutritionist specialising in dietary support for athletes. If you would like her to analyse your diet, then send a headshot and action shot plus details of your average day's food/training to [nutrition@220triathlon.com](mailto:nutrition@220triathlon.com).

FOOD WARS  
Olive Oil vs Butter

Butter is definitely best for cooking as it has a higher smoke point. Butter provides vitamin D, along with folate and plenty of vitamin A, necessary for strong immunity and overall health protection. To get the most out of butter's rich nutritional content, butter from grass-fed animals is the best choice.

Olive oil is better consumed raw, so is ideal for cold salad dressings. This preserves the more delicate and less stable fatty acids, as well as preserving the heat-sensitive beneficial plant antioxidants such as

oleuropein and oleocanthal. Olive oil, however, does provide far more vitamin K (and in particular K2, the less abundant in food, and vital for strong bones and arterial health). Olive oil also has excellent amounts of vitamin E, which is particularly beneficial for the skin. The best-quality olive oil is extra virgin, taken from the first pressings of the fruit.

Either butter or olive oil could be used for spreading, and there would be benefits from both, nutritionally speaking. Looking at the fatty acid profile of the two foods, butter is higher in saturates and lower in polyunsaturates and monounsaturates. Olive oil is renowned for its high monounsaturated fat content, which research shows benefits cardiovascular health. Ultimately, the choice between butter and olive oil would have to come down to preferred taste, overall dietary fat balance and individual health status. ■ 220

RESULT: DRAW