**Nutrition project**

When I heard from my Operations Manager, that “most of our valued returning guests will tell you they come back for the food” at Total Tennis, then I had the idea of the nutrition project.

Athletes need to eat healthy foods if they want to perform well. The body is like a car tanked with the correct fuel, it will act more efficiently.

A proper tennis nutrition should include healthy and well-balanced foods. Thus, the goals of my project are:

- to compare a proper nutrition recommended for tennis players with the breakfast, lunch and dinner at Total Tennis

- identify any improvements to be implemented.

Proper tennis nutrition is essential for tennis players who play the sport on regular basis.

Tennis players need to pay attention to **what** they eat and drink, and **when** they eat and drink it, to compete and fully enjoy the sport.

The objectives of the athlete's diet being:

- the preparation of the effort

- the performance during the effort

- recovery after exercise

then as a tennis player, you must focus on the following topics:

* adequate hydration
* high-energy foods
* proper timing of food input.

***A good hydration level***

It has been demonstrated that 1% dehydration alters performance by 10% as well as mental performance for a ratio of 1 to 5.

Post-exercise rehydration is the loss (double weighting method) multiplied by 1.5 or 2.

Fluids should be consumed every 15 minutes or so, during a match, regardless of the thirst level.

Drink a bit during changeovers during the match: water and sports drinks like “Power rate” or “Aquarius”.

Sports drinks are preferable to water because they contain carbohydrates and electrolytes, such as sodium. Such carbs are quickly absorbed and used by working muscles. As you sweat, you lose a lot of sodium as well.

***Prevent injuries***

This is my favourite topic when I talk with the juniors and adults as tennis players.

It is so important to prevent injuries! Let us see how:

* Hydrate! It improves the drainage of poorly vascularized tissues, such as tendons
* Prefer alkaline beverages (bicarbonates), for early recovery phase
* Regular contribution of copper (crustaceans, poultry, vegetables, cereals) and zinc (crustaceans, meats, offal, vegetables) by their role in muscle building
* The vegetables like lentil, sweet potato, chickpea and others are also very useful.
* The protein intake promotes the healing and recovery of muscle mass
* It is known that Omega 3 and essential fatty acids are anti-inflammatory (e.g. oily fish, canola or nut oil, soy, cabbage, spinach).

**The protein intake:**

* Important to promote the healing of micro lesions
* It represents 12% of energy intake, ie 1.2 g to 1.5 g / kg / day.
* Eat meat, poultry, fish, egg and dairy products (animal protein).

**The carbohydrate intake:**

*In preparation and during the effort* use cereal products and fruits

*After the effort* eat honey, jam, sugary drinks.

**The intake of fatty acids:**

The fatty acids are a much larger energy reserve than glucose.

* However being less digestible, more oxidizing and source of overweight, pay attention to a limited use of the fatty acids
* Priority should be given to the essential fatty acids: fat fish, vegetable oils.

**Vitamin and mineral intake:**

* to compensate for sweat losses and limit cell oxidation.

The greater *the physical effort* is, the greater the loss of minerals, the more the vitamin and micronutrient deficiencies are a brake on energy metabolism.

This contribution to the athlete is essential in *the recovery phase*.

In the case of top athletes, these losses and deficiencies can be partially offset by recovery drinks and micro-nutritional supplements: calcium, zinc, iron, selenium and vitamins D, C, and B12.

**A day of the athlete will include**:

**Breakfast** represents 25% to 30% the daily energy supply. It should contain:

* A fruit, pressed or not, rather than a commercial fruit juice,
* Coffee or tea,
* A white cheese or a slice of ham,
* Bread loosely buttered with a little honey or jam.

Should we compare with **the breakfast at Total Tennis** (eggs, bacon, homefries, pancakes oatmeal, assorted cereals, yogurt and granola), I would say that more proteins are already added with the breakfast.

**Lunch** represents 35% to 45% of the daily energy intake. It should include:

* Water preferably mineral,
* rawness,
* A white meat or fish, red meat 2 to 3 times a week max (a good source iron supply),
* By preferring rice or potatoes to pasta, less rich in gluten (better digestion),
* A yoghurt,
* Fresh fruit.

And what for **lunch at Total Tennis**?

The buffet for a lunch of anything ranging from open-faced pastrami sandwiches and steamed bok-choy to curried tofu and wild rice. Hot homemade soup and make-your-own sandwich bar are daily staples as well as the salad bar, chock full of fresh cut vegetables and fresh fruit. An excellent lunch!

**Dinner** represents 30 to 35% of the daily energy intake after training. It should consists of:

* Water
* A crudity or a soup,
* White meat or fish (fatty fish twice a week, like herring, sardines, mackerel, for essential fatty acids),
* Small portion of starch,
* Vegetables will provide minerals, vitamins and antioxidant, but also potassium and magnesium,
* A natural yoghurt +/- a fruit.

**Dinner at Total Tennis**

Each night the Chef Dan prepares several choices to satisfy all types of eaters, from grilled salmon with mango salsa and steamed green beans to roasted free-range chicken and spaghetti with homemade vodka sauce. You can help yourself to the extensive salad bar and save room for homemade cheesecake or make-your-own sundae.

Amazing dinner too!

**Any improvements to be suggested to Total Tennis?**

The added values of their nutrition plan

First, I would like to stress that as mentioned on their website, the Total Tennis organic farm, three miles away, reduces the consumption from industrial farms. The Total Tennis farm yields uncontaminated produce, which is offered daily in the salad bar. From June through November, Chef Dan prepares delicious vegetables from A to Z: arugula, beans, beats, broccoli, cabbage, carrots, collards, kale, onions, snow peas, squash, and zucchini. The flock of 200 chickens produces fresh eggs daily for breakfast.

Secondly, at Total Tennis they focus on selecting and serving quality organic meats. They acquire their meats and poultry from farmers who pledge to raise animals in a humane environment; and who oppose the use of any antibiotics, growth stimulants, hormones and pesticides.

In future, should they organise camps for professional tennis players (juniors or adults), then they should also take into consideration to define:

* A diet 2 days before competition
* Pre-game meal: at least 3 hours before
* Food during the match
* Recovery diet

In conclusion, a good nutrition reduces the risk of cramps, musculotendinous injuries, fatigue fractures and poor performance.

But, the diet is related to the emotional and it is sometimes necessary to find together with the tennis players a compromise between some "deviations" food and are well psychological.

<http://www.fft.fr/jouer/sante/le-menu-des-champions>

<http://www.healthfitnessrevolution.com/tennis-players-eat/>

<https://www.optimumtennis.net/tennis-nutrition-for-tennis-players.htm>