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Rugby Nutrition:

Budget

Getting the most ‘bang for your buck’ is about getting the best nutritional value for every rand that you spend. There are many cost-saving opportunities. We have listed our top ten thrifty tips below:

1. **Flexi-planning.** Have a menu plan but don't let it totally limit your imagination when you are shopping. Be able to adapt your menu to accommodate unexpected special offers. For example, if you were planning to have a roast chicken but chicken portions were on special, put on your creative cap.
2. **It's only a bargain if you need it.** Don't be tempted to buy items just because they're on a special.
3. **Upcycle – and use bits up.** Leftover vegetables can easily take on a new personality in a soup, casserole or a smoothie. Leftover meat or chicken can be incorporated into pasta, risotto, paella, salad or a sandwich. Leftover fruit can be stewed, puréed or blended in a smoothie.
4. **Invest in robust cooler bags, containers and drink bottles and flasks (for coffee/tea/soups).** Fill these with homemade food and drinks and be amazed at how much money this saves.
5. **Spice it up.** Creative use of herbs, spices and flavourings can bring a welcome change to home-cooking. Change the setting and ambience at home, and your need to spend money on restaurant meals and take-aways will be drastically reduced.



6. **D.I.Y. Sports drinks. Here are 3 recipes:**

- 200 ml cordial

800 ml water

Pinch of salt

- 500 ml fruit juice

500 ml water

Pinch of salt

For recovery:

- 400 ml cordial

1000 ml water

Pinch of salt

7. **Assess your protein purchase gram for gram.** Fat distorts the protein value of most animal protein foods. 100g boerewors provides 14g protein and 36g fat compared to 100g beef steak which has 28g protein and only 9g fat!

If cheaper cuts of meat are used, remove all visible fat. Think of adding legumes to increase protein value and volume, but also reduces the cost. Tinned fish (pilchards and sardines) offers good quality protein that is quick and easy to prepare.

Milk powders are a cheap and effective way to boost your carbohydrate and protein intake. They can be added to milk drinks, porridge, soup and mashed potatoes

8. **Minimize use of oils.** Measure the amount of oil you need to use to limit wastage and over consumption. One to 2 teaspoons per person per recipe is all you need.

9. **Carbohydrate cuts.** Porridge (e.g. oats, Morvite, mealiemeal, Maltabella) is far cheaper and often more nutritious than ready-to-eat cereals. It only takes a few minutes to prepare your own Bircher muesli with oats, apple juice, yoghurt, nuts and so on.

10. **Differentiate between treats and snacks.** Snacks are essential if your energy needs are high for training and should also offer nutritional value. Treats are usually high in fat and sugar - a high price to pay for little nutritional value.

For more information on *Rugby Nutrition*, go to the BokSmart website www.BokSmart.com or go to the following link: <http://boksmart.sarugby.co.za/content/eating-and-drinking-right>

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