

AISS SPORTS SUPPLEMENT FRAMEWORK

SPORTS CONFECTIONERY GROUP A



Sports confectionery, often called "sports chews" provide a concentrated source of carbohydrate in a chewy jellybean/ jube form that is easily consumed and quickly digested. They provide an alternative or additional source of carbohydrate, usually in a small packet/ pouch that can be consumed at frequent intervals and is particularly helpful during exercise.



Compact source of carbs (~5g per piece)



Typical sodium content (150-300mg per 100g*)
*Varies between products



Suitable for endurance, ultra-endurance & stop-start team events > 1hr



Range of flavours to assist 'flavour fatigue'



Some varieties contain other active ingredients e.g. caffeine

BENEFITS & SITUATIONS FOR USE

Sports drinks provide a convenient, rapid source of fuel to support performance and help meet carbohydrate needs during exercise. This can help maintain performance by boosting fuel supplies while also stimulating the brain.



FUEL SUPPLY FOR MUSCLE
(ingestion)



BRAIN & NERVOUS SYSTEM BOOST
(via mouth rinse)

- Individual pieces can be consumed at more frequent intervals vs. gels
- Convenient, lightweight form of fuel easily consumed during exercise
- Durable and won't get squashed like whole food
- May be a convenient source of other required elements e.g. sodium & caffeine
- Some chews contain multiple transportable carbs e.g. glucose and fructose to maximise carbohydrate gut tolerance at higher intakes (60-90g/hr)
- Can be used for intense post-exercise refuelling, but usually food will provide a more nutrient dense option to contribute to recovery needs

Adequate CARBOHYDRATE intake around exercise may help protect IMMUNE FUNCTION & BONE HEALTH

CARBOHYDRATE INTAKE GUIDELINES

BRIEF EXERCISE (<45MINS)

- Not needed



SUSTAINED HIGH INTENSITY EXERCISE (45-75MINS)

- Small amounts of carbohydrate (swallowed) AND/ OR
- Frequent 'mouth sensing' with a significant duration of mouth contact (e.g. 10sec mouth rinse)



Gels



Sports drink



Bars



Chews

ENDURANCE EXERCISE & stop-start sports (1-2.5HRS)

- 30-60g/hr



Food



Gels



Sports drink



Bars



Chews

ULTRA-ENDURANCE EVENT (2.5-3+ HRS)

- up to 90g/hr*



Food



Gels



Sports drink



Bars



Chews

* Multiple transportable carbs (e.g. glucose & fructose) to be used when aiming for intakes >60g/hr.



SPORTS CONFECTIONERY



FOOD FIRST PHILOSOPHY

Sports food supplements (e.g. chews, gels and sports drinks) are often the most practical way to meet carbohydrate targets during exercise at high intensity. But when the intensity is lower or when fuelling pre- or post-exercise, using food options is often cheaper, and can meet carbohydrate needs plus provide additional nutrients.



1 Banana (large)
30g carbohydrate



Box of sultanas (40g)
32g carbohydrate



1 Muesli bar
30g carbohydrate



400mL Orange juice
30g carbohydrate



Flat coke (375mL)
40g carbohydrate



Fruit bread (2 slices)
38g carbohydrate



2 Rice cakes + 2tsp honey
25g carbohydrate



Cordial (25mL)
17g carbohydrate



3 Lolly snakes (30g)
30g carbohydrate



2 Pikelets + 2tsp jam
28g carbohydrate



2 Medjool dates
30g carbohydrate



White bread (2 slices)
33g carbohydrate

CONCERNS & CONSIDERATIONS



Consume with fluid to meet hydration needs and improve gut tolerance.



'Gut training' with a mix of your preferred carbohydrate-rich foods/ and or sports foods can increase your body's ability to absorb carbs and reduce gut upset.



Occasional targeted sessions may benefit from planned low carb intake to enhance the adaptive response of training.



Sports confectionery is an expensive option vs. ordinary lollies or regular carb-rich food choices.



To maintain dental health, use with a water chaser and include some calcium rich dairy post-exercise.



Sports confectionery provides 'fuel', but no other nutrients. Use strategically.



All supplements have a doping risk of some kind. Some supplements are riskier than others. Athletes should only use batch-tested supplements. The Sport Integrity Australia app provides a list of more than 400 batch-tested products. (www.sportintegrity.gov.au/what-we-do/supplements-sport/).

While batch-tested products have the lowest risk of a product containing prohibited substances, they cannot offer you a guarantee. Before engaging in supplement use, you should refer to the specific supplement policies of your sport or institute and seek professional advice from an accredited sports dietitian (www.sportsdietitians.com.au/). Athletes are reminded that they are responsible for all substances that enter their body under the 'strict liability' rules of the World Anti-Doping Code.

