



# MEDIA RELEASE

Wednesday 14 September 2016

## Eating like a finals hero: Hawks reveal what it takes to fuel a premiership team

Hawthorn stars are kicking goals on the field and in the kitchen, with the finals favourites revealing their top home-cooked meals to fuel a gruelling finals series.

According to the team's Accredited Sports Dietitian Simone Austin, good nutrition throughout the season is pivotal to their performance on game day.

"All season it's about getting the basics right. We focus on preparing home-cooked meals to maximise nutrition, and providing smart foods for optimal recovery," said Ms Austin.

And forget about extravagant foods or complicated diets.

Ms Austin, a Spokesperson for the Dietitians Association of Australia (DAA), puts the team's peak physical state down to eating mainly whole foods, with plenty of vegetables, plus fruit, whole grains, lean meats, fish, eggs, legumes, nuts, dairy foods, and lots of water.

"Food doesn't need to be fancy, but for elite athletes, it needs to be consistent. I ask players to rate their diet out of 10, with 10 being 'perfect.' And ideally, they should rate their diet as an 'eight' most of the time," said Ms Austin.

But gone are the days of pizza and lollies at the club, with Austin pushing smart recovery options post-match like burritos, chicken wraps, fruit, or avocado on toast to replenish and repair depleted muscles.

"Eat foods that give you the most 'bang for your buck,' rather than those with little nutritional value. Like refueling a car with petrol, the quality and quantity you choose is important, impacting performance on and off the field," said Ms Austin.

And the team's focus on healthy home-cooking mirrors research showing that those who cook at home more often are more likely to have a healthier diet, take in less kilojoules, and eat more vegetables.

Research commissioned by DAA found men are almost twice as likely as women to eat three or more takeaway meals a week<sup>1</sup>, despite 90 per cent of men saying they like cooking.

"We spend plenty of time having cooking sessions to brush up player's skills and confidence so they are more likely to cook at home. You should see how competitive player's get in the kitchen!" said Ms Austin.

She points to quick and easy meals like pasta dishes, curries, and stir-fries, packed with ingredients that provide high-quality protein, carbohydrates, vitamins and minerals.

"With finals in full swing, the Hawks' diet choices won't change dramatically, but a celebratory pizza will certainly be on the menu if they win the Grand Final," said Ms Austin.

**Note to Editors:** The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veteran Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit [www.daa.asn.au](http://www.daa.asn.au). For the Media section on the DAA website contains DAA's media releases and position on topical nutrition issues in the media.

## Hawthorn players go-to home-cooked meals:

- Ben Stratton: Lentil burgers (see recipe below)
- Luke Breust: Baked beef risotto, including spinach and sweet potato
- James Frawley: Apricot chicken, with couscous and a side salad
- Paul Puopolo: Honey and soy chicken, with rice and vegetables

ENDS

**For further information or to organise an interview with Simone Austin, contact Felicity Curtain, Dietitians Association of Australia, on 0409 661 920.**

## Background

### Ben Stratton's Lentil Burgers

#### Ingredients:

1 large, or 2 medium potatoes  
1 tablespoon curry powder  
4 spring onions, finely chopped  
1/2 cup breadcrumbs  
1 x egg (if vegan leave out the egg)  
425g four bean mix (drained and rinsed)  
425g can brown lentils (drained and rinsed)  
Chillies - to taste  
Salt and pepper - to taste  
Extra virgin olive oil to fry in  
1 wholemeal roll per burger  
Salad to fill - beetroot, lettuce, grated carrot  
Chutney – to taste

#### Method:

1. Cook the potatoes, drain and mash
2. Chop the spring onions and chilli
3. In a bowl, combine all the ingredients together
4. Form into patties
5. Heat oil in pan and cook until golden brown
6. Serve on a toasted burger bun, with a tasty chutney and salad!



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## **Accredited Practising Dietitians and Accredited Sports Dietitians are working with the following AFL teams:**

Elise Cameron – Sydney Swans

Dominique Condo – Geelong Cats

Simone Austin – Hawthorn

Jessica Spendlove – GWS Giants

Anthony Meade – Adelaide Crows

Simone Allen – West Coast Eagles

Claire Saundry – Western Bulldogs

Jono Segal – North Melbourne

Accredited Practising Dietitian is the national credential recognised as the quality standard for nutrition and dietetics services in Australia. Accredited Sports Dietitian is the national credential for dietitians working in the field of sports nutrition. Accreditation requires post-graduate qualifications in dietetics, as well as further sports nutrition accredited studies. Sports Dietitians Australia is the peak professional body for sports dietitians, providing up-to-date sports nutrition information based on sound scientific principles for both the general public and health professionals.

### **Note for journalists: Nutrition Journalism Award**

Applications for the Dietitians Association of Australia's 'Nutrition Journalism Award' are open. The Award acknowledges and celebrates quality nutrition reporting by Australian journalists. There are now two categories – short-lead and long-lead. It's incredibly simple to submit an application – visit '[For the Media](#)' on the DAA website for more information.

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<sup>i</sup> Ominipoll survey (October 2015) of 1,230 Australians adults aged 18-64 years, commissioned by the Dietitians Association of Australia.