

FINISH WITH THE RIGHT STUFF

EATING FOR JUNIOR SPORT

Before games and training: Focus on foods that provide the best fuel and sell these at your canteen.

Providing the right fuel helps get the best performance:

- Choose wholemeal and wholegrain options, low fat dairy and fruit

Pre - exercise meals (2- 4 hours)

- Breakfast cereal with low fat milk/yoghurt and fruit
- Baked beans / tinned spaghetti on toast
- Rolls/sandwich/wrap with your favourite fillings
- Baked potato with fillings
- Rice/noodle based dishes

Pre - exercise snacks (1- 2 hours)

- Wholegrain crackers and cheese
- Fruit
- Fruit smoothies
- Reduced fat yoghurt or custard
- Pikelets with fruit
- Plain, non-iced fruit bun
- Fruit bread

During

- Water is the best to replace fluid lost during exercise
- Sports drinks are not the best choice for junior sports
- Choose snacks that help performance and concentration, like fruit



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After: Eat a healthy meal or snack after a game or training to re-fuel

After meals

- Breakfast cereal with low fat milk/yoghurt and fruit
- Baked beans / tinned spaghetti on toast
- Rolls/sandwich/wrap with your favourite fillings
- Rice/noodle based dishes
- Hamburgers with lean mince
- Soup and toast
- Toasted sandwich/jaffles

After snacks

- Wholegrain crackers and cheese
- Reduced fat yoghurt or custard
- Pikelets with fruit
- Plain, non-iced fruit bun
- Fruit bread
- Air-popped popcorn

Everyday

Choose water and foods from the 5 food groups

- Fruit
- Vegetables (including legumes and beans)
- Lean meat, poultry, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt, cheese/or their alternatives (reduced fat)
- Grains and cereals (choose wholemeal)

