

Eating for Junior Sport

BEFORE *Focus on foods that fuel*

Carbohydrates supply the best fuel for muscles and brain. Good choices are low fat, nutritious carbohydrates. Avoid 'over-fuelling' with large portions and high fat foods. Remember to drink water leading up to sport.

Pre-Sport Meals (3-4 hours before sport)

- Breakfast cereal, reduced fat milk/yoghurt and fruit
- Pancakes, dash of honey and fruit
- Baked beans/tinned spaghetti on toast
- Rolls/sandwiches/wraps
- Pasta with low fat tomato sauce
- Baked potato with filling
- Rice/noodle based dishes

Pre-Sport Snacks (1-2 hours before sport)

- Crackers, reduced fat cheese and tomato
- Fruit smoothie (reduced fat)
- Fruit
- Yoghurt or reduced fat custard
- Creamed rice (reduced fat milk)
- Pikelets with scrape of jam/honey
- Plain, non-iced fruit bun/ fruit bread
- Low fat fruit or savoury muffins

DURING *Drink water*

Drinking enough water helps you stay hydrated, particularly in hot weather. Staying hydrated helps maintain concentration and co-ordination during sport.

AFTER *Have a healthy meal and snack*

Consume your next usual healthy meal or snack within 2 hours after sport. Choose foods that are good sources of carbohydrates to refuel, protein to recover and water to hydrate.

Tasty Post Sport Meals

- Rolls/sandwiches/wraps
- Toasted sandwiches or savoury jaffles
- Homemade style burgers
- Soup and toast
- Pasta with low fat tomato sauce
- Rice/noodle based dishes
- Jacket potatoes

Tasty Post Sport Snacks

- Fresh or dried fruit
- Reduced fat yoghurt/custard
- Reduced fat milk
- Popcorn
- Crackers
- Savoury mince rolls

Portion sizes will depend on individual dietary needs, age and activity levels.

EVERY DAY *Eat a balanced varied diet to help you stay strong*

Drink water regularly and choose foods from each of the 5 food groups:

- Vegetables and legumes/ beans
- Fruit
- Grain (cereal) foods
- Lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/ beans
- Milk, yoghurt, cheese and/or their alternatives

Visit: www.sportsdietitians.com.au for more sports nutrition information.

Visit: www.foodsmartschools.org for more meal and snack ideas for children.

Fluids for Junior Sport

Drinking enough water helps us stay **hydrated, particularly in hot weather**



Tips for staying hydrated and improving sports performance

- Sip regularly on water throughout the day
- Always have your own water bottle on hand to sip from at drink breaks
- Drink water after sport to help you rehydrate

Adequate Fluid Intakes for Children

Includes water, milk and other drinks

4-8 year olds	1.2 litres/ day
9-13 year old boys	1.6 litres/ day
9-13 year old girls	1.4 litres/ day
14-18 year old boys	1.9 litres/ day
14-18 year old girls	1.6 litres/ day

An individual's fluids requirements vary as fluid loss is affected by the temperature, humidity, their exercise intensity and individual sweat rates. These factors make it difficult to have a single recommendation for adequate fluid intake.

Source: Nutrient Reference Values for Australia and New Zealand, National Health and Medical Research Council, 2006



Tips for Cooling Junior Players

Sweating helps keep the body to stay cool. Children have lower sweat rates than adults. These strategies are important to help keep children cool during sport, especially in hot and humid conditions.

- Encourage children to sip on water, before, during and after activity
- Provide cool/ cold water to assist with cooling and promote water consumption
- Encourage children to stay in the shade when not playing and to wear a hat and clothing that breaths
- In hot and humid conditions consider cold water sprays, sponges and cool wet towels to help keep children cool.