

WHAT TO EAT AND DRINK

BEFORE EXERCISE

Fuel up before exercise with the right choices;

- ✓ water
- ✓ porridge
- ✓ cereal with milk
- ✓ toast
- ✓ eggs on toast
- ✓ fruit salad
- ✓ pancakes with fresh fruit



DURING EXERCISE

Keep the tank topped up with healthy snacks and stay hydrated by sipping on water.

- ✓ water
- ✓ fresh fruit
- ✓ muesli bar
- ✓ trail mix



AFTER EXERCISE

Rehydrate with fluids, Refuel with healthy carbs, and Rebuild with protein!

- ✓ small flavoured milk
- ✓ fresh fruit and yoghurt
- ✓ wraps or sandwiches
- ✓ cheese on crackers
- ✓ chicken with rice and vegies
- ✓ baked beans on toast
- ✓ healthy hamburger
- ✓ rice paper rolls
- ✓ toastie
- ✓ sushi



HUNGRY FOR MORE HEALTHY TIPS?

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GREEN UP THE MENU



MAKE WATER THE DRINK OF CHOICE

ADD MORE GRAINS



Wholegrain bread for sandwiches/rolls/wraps



Corn/rice crackers with reduced fat dip or reduced fat cheese



Wholemeal breakfast cereal cups with reduced fat milk



Wholegrain pizza with vegetables and lean meat



Plain popcorn snack packs



Pasta/rice salads



Raisin bread

ADD MORE VEGETABLES, BEANS & LEGUMES



Salad in sandwich/rolls/wraps



Vegetable soup



Salad boxes



Bbq corn cobb



Steak sandwich with salad



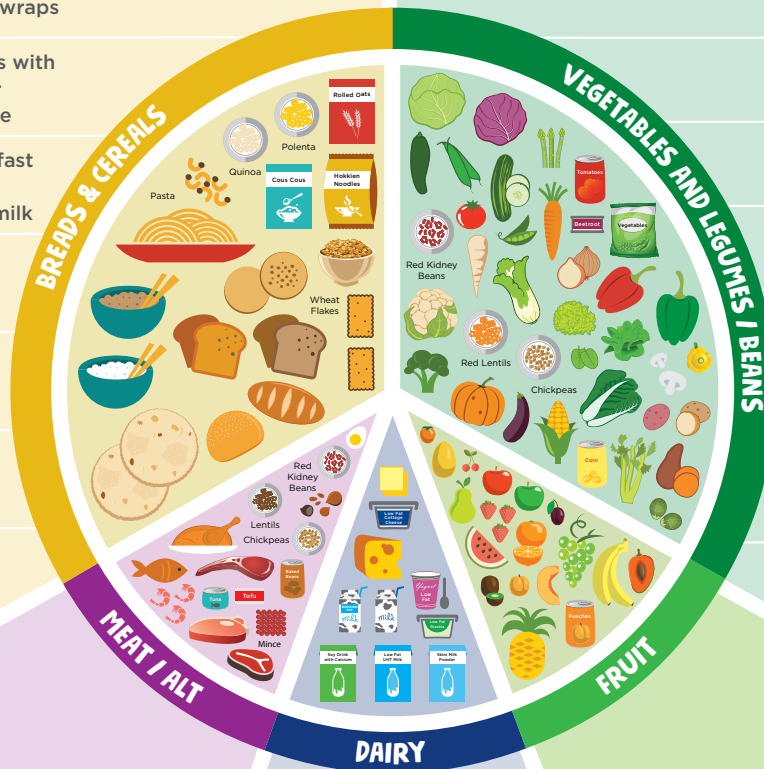
Vegetable snack packs



BBQ kebabs with vegetables



Bean nachos



ADD MORE LEAN MEAT / FISH / POULTRY / ALT



Egg and lean ham breakfast rolls on wholemeal bread



Chicken or lean meat soups or hot dishes



Lean roast meat wholemeal rolls



Grilled fish burger on wholemeal buns



Lean meat kebabs

ADD MORE DAIRY



Reduced fat plain/flavoured milk drinks



Reduced fat cheese to salads or sandwiches/toasties



Reduced fat smoothies



Reduced fat yoghurt tubs



Reduced fat hot chocolate cups

ADD MORE FRUIT



Fresh whole fruit



Fruit tubs in natural juice



Frozen fruit pieces



Diced fresh fruit cups



Fruit kebabs



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CHOOSE WATER



IT'S IMPORTANT TO DRINK WATER BEFORE, DURING AND AFTER SPORT TO STAY HYDRATED

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you continue to perform at your best.

BEFORE EXERCISE

Start exercise well hydrated, drink a glass of water and enjoy a healthy meal or snack before exercise



DURING EXERCISE

Sip on water during exercise to stay hydrated, particularly in hot and humid weather

AFTER EXERCISE

Refuel after exercise with fluid, carbohydrates and protein. Consider:

- Water
- Fruit smoothie
- Small reduced fat flavoured milk



HOW MUCH SHOULD WE DRINK?

Fluid requirements will vary:

- from person to person
- depending on hot or humid weather
- during intense exercise where sweat rates are higher.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

WARNING SIGNS OF DEHYDRATION

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

A WORD ON SPORTS DRINKS

Sports drinks are very high in sugar and not recommended for the general population, especially children.

Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

DID YOU KNOW THE AVERAGE 600ML SPORTS DRINK CONTAINS 9 TEASPOONS OF SUGAR?!

This means if a person drinks 1 x 600mL sports drink each week over a year, from sports drinks alone they will consume:

2.3 KGS OF SUGAR
(approx.)

MID-TRAINING SNACKS

IF A MID-TRAINING SNACK IS NECESSARY, FRESH SEASONAL FRUIT SUCH AS APPLES, ORANGES, PEARS, WATERMELON, GRAPES, BANANAS OR STRAWBERRIES IS THE BEST CHOICE. FRUIT IS FILLING AND CONTAINS ENERGY, VITAMINS, MINERALS AND ANTIOXIDANTS.

Oranges have copped some flack in recent times claiming that the acidity in oranges is harmful to tooth enamel. The truth is, it's unlikely that a few orange quarters during a game will cause any harm. Oranges provide a great source of vitamin C which is necessary for healthy gums.

Some sport codes promote lollies as a good source of energy during sport. The problem is, along with energy, lollies provide loads of sugar and no nutritional value. 'Sugar-free' lollies are still not a good choice as they usually contain artificial sweeteners.

	ORANGES VS. LOLLIES	
Energy	✓	✓
Dietary fibre	✓	✗
Antioxidants	✓	✗
Vitamin A & C	✓	✗
Folate	✓	✗
Potassium	✓	✗



DO WE NEED SNACKS DURING SPORT?

Most junior sport is at a level where energy does not need to be replaced during.

It is more important to fuel up with healthy food (for example, a sandwich, cereal and milk, or a smoothie) before playing sport AND to focus on staying hydrated with water before, during and after sport.



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FUEL FOR SPORT

WHY IS FUEL IMPORTANT?

Good nutrition is not only important for general health and well being, it also helps us perform at our best in the sporting arena. A balanced diet includes a combination of carbohydrates, protein, healthy fats and adequate fluids to stay fuelled and hydrated.



CARBOHYDRATES are essential for energy during sport. Include a nutritious source of carbohydrates with each meal and snack. The best sources of carbohydrates includes grains, whole grain cereals and breads, legumes, fruit, vegetables and dairy products. These food and drinks provide energy for active bodies, fibre for general gut health and a wide range of essential vitamins and minerals.

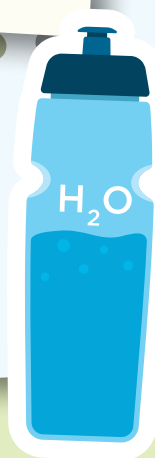
PROTEIN for recovery, growth and development. Include a small serve of lean protein at each meal and in snacks immediately after exercise. Lean protein sources include meat, seafood, eggs, dairy and dairy alternatives, meat alternatives, legumes, nuts and seeds. Protein provides the necessary building blocks for growing and repairing muscles, and is important for normal immune function.

HEALTHY FATS are necessary for normal growth and development. Include unsaturated fats in main meals and snacks following exercise. Healthy sources of fats include dairy such as milk and yoghurt, nuts, avocado and oily fish such as salmon and tuna.

HOW MUCH SHOULD WE DRINK?

Fluid requirements will vary from person to person, and increase in hot or humid weather, or during intense exercise where sweat rates are higher. Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

FLUIDS to stay hydrated. Drinking adequate fluids before, during and after exercise ensures we stay hydrated and perform at our best.



KNOW THE WARNING SIGNS OF DEHYDRATION

- Dizziness and light-headedness
- Muscle cramps
- Nausea and headache
- Dark urine
- Dry mouth and throat

