



healthyfood@sport

Healthy Food for Active Children – Fact Sheet

GOOD NUTRITION - WHY BOTHER?

Maintaining good nutrition in active children is important for their overall health. A well nourished child will be able to perform better and for longer. Poor food & fluid intake can lead to:

- Lack of fuel to the muscles
- Fatigue and poor concentration
- Poor performance and mental attitude

WHAT FOODS ARE BEST?

Encourage your children to eat foods rich in carbohydrate and lower in fat. Carbohydrate is an important source of fuel for working muscles. Plan each meal around a carbohydrate food.

Tips for increasing carbohydrate intake:

- Include breakfast cereals
- Increase fresh fruit intake
- Increase multigrain bread variety
- Include legumes (lentils and beans)
- Include starchy vegetables (potatoes, corn)
- Include low fat pancakes, crumpets, scones, muffins

DON'T FORGET ABOUT PROTEIN!

Protein provides the building blocks for growth and development in children and adolescents. It also aids in repairing body cells and keeps the immune system healthy. Generally, it's easy for active children and young people to have enough protein by eating some meat and dairy foods every day.

PLAN AHEAD!

Day to day schedules can be very hectic at times, so we can easily forget about what to feed our children before and after sporting activities. Below is a selection of fast and healthy ideas for planning ahead.

EXAMPLES OF PRE-GAME MEALS AND SNACKS	POST-GAME ENERGY BOOSTERS
<ul style="list-style-type: none"> -Breakfast cereal + low fat milk -Fresh, canned or dried fruit with yoghurt -Muffins/crumpets/bagels + honey or jam -Pancakes + syrup, jam or peanut butter -Baked beans/tinned spaghetti + toast -Creamed rice (low fat milk) -Rolls/sandwiches/wraps –honey, jam, 	<ul style="list-style-type: none"> -Low fat flavoured milk -Low fat yoghurt -Fresh, canned or dried fruit with water -Sandwich, wrap or roll with water -Fruit bun/fruit loaf with water -2 large pikelets with jam or honey with water -Fruit or savoury muffin with water -Low fat fruit smoothie



banana -Pasta + low fat tomato sauce -Crackers with cheese or spread -Baked potato with low fat cheese and vegetable filling -Low fat fruit smoothie	-Pasta or rice
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Depending on the child's level of physical activity and age, food intake will vary from child to child. The table below is a general guide for food intake for children ages 5-12 years of age. These recommendations can help you determine the minimum amount your child should consume in a day.

FOOD GROUP	RECOMMENDED DAILY SERVES	SAMPLE SERVE SIZE
Bread/cereal/pasta/noodles/rice	3-9+	2 slices bread, 1 bread roll, 1 cup cooked rice/pasta/noodles, 1 cup dried cereal
Vegetables/legumes	2-5+	1 small potato, 1 cup vegetables, 1 cup salad, ½ cup baked beans
Fruit	1-2+	2 small pieces of fruit, 1 medium piece of fruit, 1 cup canned fruit, ½ cup of juice
Milk/yoghurt/cheese (reduced fat)	2-3	1 cup milk, 2 slices cheese, 200 gms yoghurt, 1 cup custard
Meats/fish/eggs/nuts/legumes	1	65-100 gms meat or chicken, ½ cup legumes, 2 eggs, 80-120 gms fish, 1/3 cup nuts, ½ cup seeds
Extra foods	1-2	1 tbsp oil/margarine, 50 gms cake, 50 gms Ice cream, 40gms lollies, 4 plain biscuits, 2 tsp margarine/butter, 1 small packet of chips, 1 can of soft drink, ½ slice of pizza, 1/3 meat pie, 12 hot chips, ½ chocolate bar, 1 muesli bar, ½ sweet muffin, 1 roll up
Source adapted from the Dietary Guidelines for Children and Adolescents in Australia, Commonwealth of Australia 1998		

LOLLIES VS ORANGES.

- Both are sources of carbohydrate.
- Oranges at half time have not been proven to be detrimental to sports performance.
- Oranges at half time have not been proven to increase risk of cramps.
- Oranges at half time have not been proven to increase dental erosion.

Adapted from the Nutrition Australia Qld Bowled Over Project.

REFERENCES:

Nutrition Australia Qld Bowled Over Project 2010

Website: www.sportsdietitians.com.au

Website: www.nhmrc.gov.au

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