



healthyfood@sport

On The Go Foods Before and After Competition – Fact sheet

How to be at your best for game day.

All kids need to eat a variety of healthy foods, and athletes are no different. It is important that you eat enough of the following foods which supply you with adequate vitamins, minerals and energy:

- *Carbohydrates* - fruits, vegetables, and whole grains are the best sources.
- *Protein* – Red lean meat, poultry, seafood, eggs, lentils, beans, nuts, and dairy foods.
- *Fat* – Red lean meats, cheeses, nuts, oils, and butter. There are hidden fats in most everything we eat. Just remember you choose good fat sources such as mono and polyunsaturated in your diet to protect your heart and support overall health. Use in moderation and limit the amount you spread on your bread!

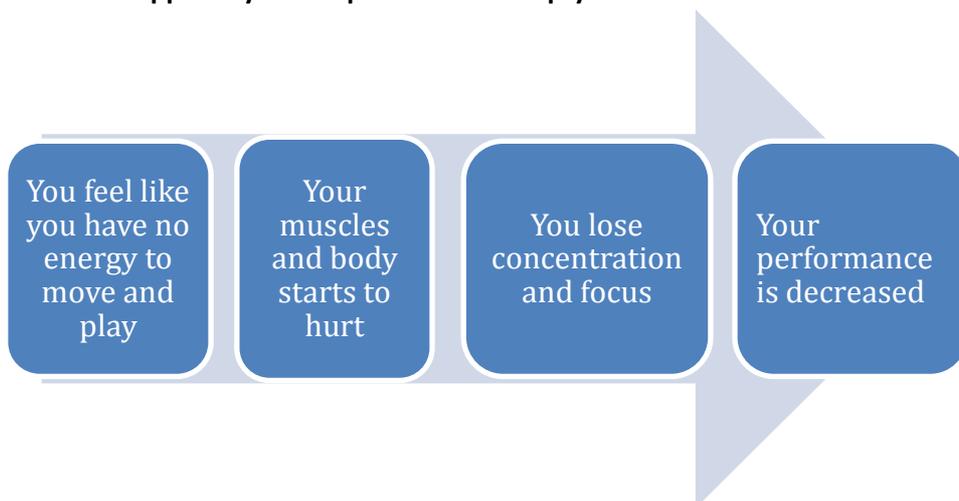
Carbohydrates should provide the majority of extra energy required by active children.

Be aware about foods with high sugar content such as lollies, flavoured drinks and sports drinks. Although they contain carbohydrates they do not contain sources of protein, vitamins and mineral and can also promote tooth decay.

Protein Power is essential for muscles to recovery after training and competition. Although we know animal products such as chicken, lean red meat, fish, eggs and lentils are our primary protein sources. Milk and yoghurt are also very effective in building and repairing muscles.

Don't forget your water. It is important to keep yourself hydrated to help your body to work at its best. Don't wait until you're thirsty. When you are training and competing, you lose water through your skin as 'sweat' to help the body cool down. So if you don't drink enough water your body will not cool down and it will start to affect your performance.

What will happen if you compete with an empty stomach?





What foods to choose?

As a guide the choice of meal, snack and fluids should:

- Be easy to break down in the body.
- Be rich in carbohydrates to use as fuel.
- Be low in fat.
- Provide adequate amounts of fluids.
- Be foods that you are familiar with and you enjoy.

It is recommended that you eat your meal two to four hours before competition. For competitions lasting over an hour you need to eat some snacks and drink water to give energy to your body to boost your performance.



Before

- Baked beans on toast
- Pasta/rice (with vegetables and lean meat)
- Oats/ cereals with milk
- Fresh/ dried/ canned fruits with custard or yoghurt
- Wholemeal roll with meat/cheese/chicken filling
- Fruit smoothie (low-fat milk/yoghurt)
- Raisin toast and milk



During

- Cereal bars
- Half a sandwich – thick sliced bread and two tablespoon of jam
- Banana sandwich
- Fresh/ dried fruit mix
- Muffins, scones, english muffins crumpets.
- Don't forget to drink



After

- Fresh/ canned fruit
- Breakfast bar, muesli bar
- Fruit smoothie (low-fat milk/yoghurt)
- Breakfast cereal with milk and fruit
- Sandwich/ roll with banana/meat/cheese/ chicken filling
- Baked potato and beans with grated cheese
- Yoghurt with muesli and berries.

Acknowledgments:

- Queensland Association of school tuckshops
www.gast.org.au/Default.aspx?tabid=145
- Sports Dietitians Australia
www.sportsdietitians.com.au
- Australian Institute of Sport
www.ausport.gov.au
- Fresh for Kids
www.freshforkids.com.au
- Kid's Health
www.kidshealth.org

To access the range of fact sheets and newsletters in this series please visit:

www.health.act.gov.au