



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

February 2012

Issue 2 – Healthy Eating and Hydration

Healthy Eating for Active Children

Maintaining good nutrition in active children is of great importance to their overall health, growth, development, and also their sporting performance. Active children will be able to play better and for longer, stay mentally alert, and recover quicker from training and competition. Children who are not getting enough total energy may become tired and lethargic, and even struggle to maintain their enjoyment in sporting activities. Below is a guide for the minimum amounts of food for children aged 5-12 years.



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, 40 gms 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		

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Please refer to the Healthy Food for Active Children Fact Sheet for more information.



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Role Models

Encouraging children to make healthy choices is great, however being a good role model is just as important.

Children look up to their parents, coaches, and club members for encouragement and examples. As a role model you can set good habits and make good choices about healthy eating for our children.

Also, good role models provide a healthy and supportive environment for children to establish a healthy lifestyle. Try making small simple changes about food choices such as:

- Drink more water
- Eat more fruit and vegetables (2 fruit and 5 vegetables)
- Plan ahead and eat regular meals
- Gather around the meal table as often as possible
- Be active.

Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on phone 6207 1696 or email grant.voysey@act.gov.au

Hydration for Active Children

Special attention needs to be paid to keeping active children hydrated. Dehydration can be a gradual effect and overlooked. Minimising dehydration is one step towards optimal performance, particularly when you are exercising in hot conditions.

Ideally, everyone should drink to keep pace with their sweat losses while exercising. This means replacing fluids throughout the period of activity. However, practical considerations such as opportunities to drink and access to a supply of fluid vary between activities. Some sports offer formal breaks; quarter-time and half-time, giving opportunities for fluid intake while other activities require you to learn to drink on the move.

Opt for water to be your first preference for quenching thirst instead of soft drinks, sport drinks and energy drinks. These beverages tend to be high in sugar content and contribute to excess energy intake.

Please refer to the Hydration for Active Children Fact Sheet for more information.

Sugar Content of Popular Drinks

Soft drinks and sports drinks are heavily advertised, and commonly available. Children often drink these popular beverages at many different sporting events. Although sport is associated with an increase need for both fluid and energy, children and parents may be unaware of how much sugar are in these popular drinks.

It is easy to over consume sugar particularly by consuming soft drinks, juices, sports and energy drinks. Where's the sugar and how much?

Product	Sugar content – grams (gms)	Sugar content – tea spoons (Tsp)
Soft drinks 600mls bottle	65	16 ¼
Sports drink (Powerade) 600mls	45.6	11 ½
Soft drinks 375mls can	40.9	10
Sports drink (Gatorade) 600mls	36	9
Full fat flavoured milk 300mls	28.2	7
Energy drinks 250mls can	27	6 ¾
Orange juice 250mls	20	5
Fruit drinks 200mls	18	4 ½

Please refer to the Sugar Content of Popular Drinks: Considerations for Children in Sport Fact Sheet for more information.

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

www.health.act.gov.au