



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.

July 2012

Issue 7 – Go Greener with Protein



What is Protein?



Protein is an important nutrient that helps in building, maintaining, and replacing the tissues in your body. Our muscles, organs and immune system are all made up of protein. Proteins are made up of small building blocks called amino acids that the body uses to maintain our muscles, bones, blood and body organs. These amino acids are of two main types, essential and non-essential amino acids. We can produce the non-essential amino acids in our body but the essential amino acids can only be taken through protein rich foods.

Sources of protein

Many protein rich foods contain different amino acids. Some of the best sources of proteins are beef, poultry, fish, eggs, dairy products, nuts, seeds, and legumes like black beans and lentils. When choosing foods, it is best to choose those protein-rich foods that are lower in saturated fat.

Sample serve of protein

- 65-100g cooked meat/ chicken (1/2 cup lean mince, 2 slices of roasted meat)
- 80-120g cooked fish
- 2 small eggs
- 1/3 cup peanut/ almonds
- 1/4 cup sunflower seeds/ sesame seeds
- 1/2 cup cooked dried legumes (beans/ lentils/chickpeas/ split peas/canned beans)

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Food Tips for Pre-training

- Breakfast cereals such as Weetbix with low fat milk.
- Mixed berries/fruit salad and yoghurt.
- Wholemeal/wholegrain bread, English muffins, crumpets with jam, honey or peanut butter and milk.
- Raisin toast with low fat flavoured milk.
- Banana and handful of almonds.
- Milk shake or fruit smoothie.
- Baked beans on toast.
- Wholemeal/wholegrain bread roll with cheese/meat filling and a piece of fruit.
- Pasta or rice dishes (with vegetables and lean meat).

Please refer to the 'On the go food before and after competition' fact sheet for further information; and information on how to be your best on game day.

Contact Details

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

Protein Recommendations

The Australian Guide to healthy eating recommends 1/2 a serve of protein for children between 4-7 years of age. From 8 years onwards the serve of protein increases up to 1 serve a day to cater to energy needs. During childhood and adolescence, protein needs increase to compensate for increased cell growth and repair. Most Australians eat sufficient amounts of protein in their diet and as a result do not require supplementation with extra proteins.

Food Group	Number of Serves		
	4-7 Years	8-11 Years	12-18 Years
Meat, fish, poultry, eggs, nuts, legumes	1/2	1	1

(National Healthy School Canteens, The Australian Guide to Healthy Eating)

Winter Warmer Food Tips

With the cold weather try these warm and hearty meals full of flavour. They are perfect for the winter months and taste great!

- Mini pizzas made with pita bread or English muffins.
- Soups easily served in a mug.
- Toasted sandwiches.
- Healthy 2 minute noodles with vegetables without seasoning sachet.
- Steamed corn on the cob served as a snack.
- Quick oats, porridge with dried fruit.
- Pikelets with fruits (strawberries, blueberries, bananas).
- Savoury or sweet pancakes.
- Fresh fruit with French toast.
- Warm English muffins, raisin bread, fruit scrolls or scones served with hot chocolate.

Quick and Easy Lentil Burgers

Food group serves: 2 serves vegetables, 1 meat and alternative serve and 1.5 serves of breads and cereals.

***Cost:** \$2.08 approx. for the ingredients

Please refer to the Lentil Burgers Recipe for the list of ingredients, cooking method and variations.

Acknowledgments:

- Queensland Association of school tuckshops www.qast.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 newsletters and fact sheets in this series please visit:
www.health.act.gov.au