HEALTHY CHOICES

FACT SHEET: HEALTHY CHOICES FOR JUNIOR SPORT

If you are playing sport regularly it is important to eat well during the week! Getting game day nutrition right is important but it is only one part of the sports nutrition picture. It's really important that you eat a well-balanced diet across the week to help you stay healthy, strong and ready to play your sport.

Breakfast

After sleeping all night, your body needs a good breakfast to top up your energy reserves. Healthy Choice Breakfast Options will help you to "get going" and provide your body with the right fuel needed to play sport.

Healthy Choice Breakfast Suggestions:

- Bowl of cereal + milk and/or yoghurt + fresh fruit
- Baked beans + wholegrain toast + a glass of milk + a piece of fruit

Pre-game snack

If breakfast is a long time before your game, it is a good idea to have another light snack 1-2 hours before you start to top up your energy reserves. Keep it small, as you don't want to be overfull.

Healthy Choice Pre-Game Snack Suggestions:

- Crackers + reduced fat cheese
- Low fat yoghurt
- Fresh fruit

During the game

If you have been eating well during the week and have had a Healthy Choices breakfast, you may not need any extra fuel during your sport. If you do feel like you need a top up, ditch the lollies and sugary drinks (e.g.: sports drinks, soft drinks and cordial) and choose Healthy Choice Break Time Snacks that provide carbohydrates and are also good for you.

Healthy Choices Break Time Snack Suggestions:

The following options combined provide around 30 grams of carbohydrate fuel which could be spread out across designated breaks in play*:

- ¼ orange
- 1 thin rice cake, 1 thin slice of watermelon
- ⅓ ripe banana

Remember to also sip on water during the game to help maintain co-ordination and concentration.
*Carbohydrate intake is a guide only. Refuelling requirements will vary greatly between individuals based on age, length and intensity of exercise and other factors. For personalised advice, speak to a Sports Dietitian.

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After the game

After playing sport remember the 3 R's of sports nutrition:

- **REFUEL** the body's energy reserves by eating carbohydrates
- **REPAIR** the body's muscles by eating protein
- **REHYDRATE** the body by drinking water

Getting this combination right will help your body recover and prepare for your next training session, game or event.

Healthy Choice Recovery Options:

- Cereal + reduce fat milk + fruit + water
- Fruit + reduced fat yoghurt + water
- Lean meat and salad wrap + corn cob + water
- Meat and vegetable soup + roll + water
- Toasted sandwich with baked beans + fruit + water

More information

- Individual energy needs vary depending on age, gender, activity levels etc. If you provide children with healthy choices for regular meals and snacks, it is advisable to let them control the amount that they eat. Alternatively when foods contain large quantities of hidden fats and sugars they do not have the same capacity to effectively regulate their energy balance. For more individual advice see a sports dietitian.
- For more sports specific nutrition information visit the Sports Dietitians Australia website: www.sportsdietitians.com.au
- For more great tips on healthy eating across the week for individuals and the family visit the Dietitians Association of Australia website: www.daa.asn.au

Tips

- It is important to sip on water during the day, as well as before, during and after sport because as this will help keep you hydrated, feeling good and allow you to exercise with good concentration and coordination.
- Plan ahead and make sure that you have your fridge and pantry stocked with Healthy Choices and speak to your club to see if *Healthy Choice Options* can be included in your club canteen and catering.