

EATING FOR JUNIOR SPORT

BEFORE

FOCUS ON FOODS THAT FUEL THE BODY

Carbohydrates supply the best fuel for muscles and the brain. Healthy options include wholegrain varieties of breads/ cereals, low fat dairy and fruit. See below for some examples of healthy carbohydrate containing options.

PRE SPORT MEALS

(3-4 hours before sport)

- Breakfast cereal, reduced fat milk/yoghurt and fruit
- Pancakes, dash of honey and fruit
- Reduced fat custard
- Baked beans/tinned spaghetti on toast
- Rolls/sandwiches/wraps
- Pasta with low fat tomato sauce
- Baked potato with filling
- Rice/noodle based dishes

*Portion sizes
will depend on
individual dietary
needs, age and
activity levels.*



PRE SPORT SNACKS

(1-2 hours before sport)

- Crackers with reduced fat cheese and tomato
- Fruit smoothie (reduced fat)
- Fruit
- Yoghurt or reduced fat custard
- Creamed rice (reduced fat milk)
- Pikelets with scrape of jam/honey
- Plain, non-iced fruit bun/ fruit bread
- Low fat fruit or savoury muffins



DURING

DRINK WATER

Drinking water helps you to stay hydrated. Staying hydrated maintains concentration and co-ordination during sport.



EATING FOR JUNIOR SPORT

AFTER

HAVE A HEALTHY MEAL OR SNACK

Consume a healthy meal or snack within 2 hours of finishing your sport.



TASTY POST SPORT MEALS

- Rolls/sandwiches/wraps
- Toasted sandwiches or savoury jaffles
- Homemade burgers
- Soup and toast
- Pasta with tomato based sauce
- Rice/noodle based dishes
- Jacket potatoes

TASTY POST SPORT SNACKS

- Fresh or dried fruit
- Reduced fat yoghurt/custard
- Reduced fat milk
- Air-popped popcorn
- Crackers
- Rice/noodle based dishes

EVERYDAY

EAT A BALANCED VARIED DIET TO HELP YOU STAY STRONG

Drink water regularly and choose foods from each of the 5 food groups:

- Grain (cereal) foods
- Fruit
- Lean meat, poultry, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt, cheese and/or their alternatives
- Vegetables and legumes / beans

