

Fuel to Go & Play®

Nutrition tips toolkit



Suggested copy (Facebook and Instagram)	Tile
<p>To be your best on event day, load up your energy stores the night before.</p> <p>Eat a meal rich in healthy carbohydrates, colourful vegetables and lean protein – think chicken and vegetable stir-fry, beef lasagne with salad or homemade burgers with a wholemeal roll, baked chicken breast and vegetable loaded rice salad.</p> <p>Build a healthy fuelling plate:</p> <p>1/3 carbohydrate foods - rice, pasta, bread</p> <p>1/3 lean protein – chicken, steak, tofu, eggs</p> <p>1/3 vegetables – make it colourful!</p> <p>Don't forget to hydrate with water.</p> <p>Fuel up with more healthy tips at fuelto.com.au</p> <p>#fuelup #fueltoandplay #beyourbest</p>	<p>Nutrition tip #1</p> <p>FUEL UP THE NIGHT BEFORE</p> <ul style="list-style-type: none"> ✓ Colourful veg ✓ Carbohydrates ✓ Lean protein ✓ Healthy fats <p>healthway Fuel to Go & Play SCHOOL CANTEEN fuelto.com.au</p>

Suggested copy (Facebook and Instagram)

To be your best on event day, top up your energy stores before you leave home.

Eat a meal which prioritises carbohydrates and is low in fat 2-4 hours prior to the event e.g. porridge with fruit or yoghurt with muesli.

Finish topping up energy stores with a carbohydrate rich snack 1-2 hours prior to the event e.g. banana and oat smoothie or yoghurt and fruit

Fuel up with more healthy tips at fueltogo.com.au

#fuelup #fueltogoandplay #beyourbest

Tile

The graphic features a teal background with a yellow curved header and footer. The header contains the text 'FUEL UP PRE-EVENT'. The main content area shows two food items: a bowl of porridge topped with blueberries, sliced peaches, and almonds, and a smoothie in a glass jar with banana slices and a straw. Below the porridge is the text '2-4 hours before' and below the smoothie is '1-2 hours before'. The bottom left corner has logos for 'healthway', 'Fuel to Go & Play.', and 'SCHOOL CANTEEN'. The bottom right corner has the website 'fueltogo.com.au'.

Nutrition tip #2

FUEL UP PRE-EVENT

2-4 hours before

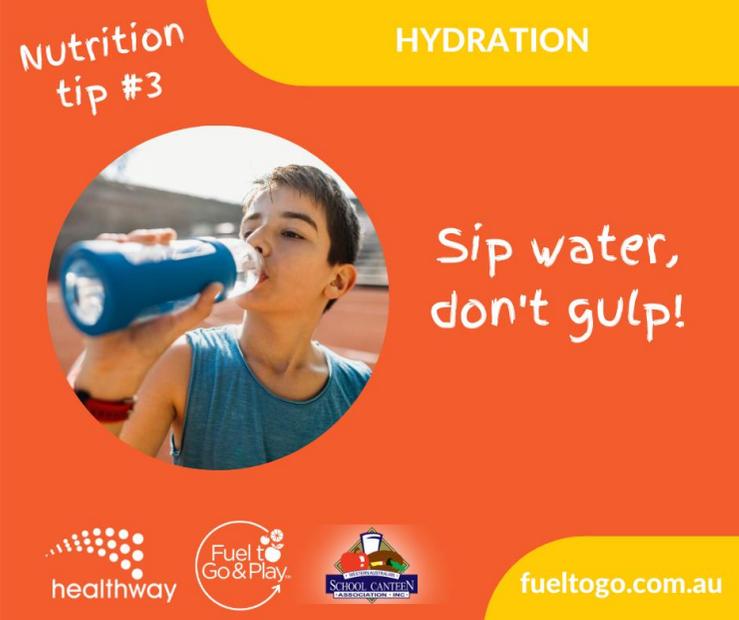
1-2 hours before

healthway

Fuel to Go & Play.

SCHOOL CANTEEN

fueltogo.com.au

Suggested copy (Facebook and Instagram)	Tile
<p>Be your best and start your event well hydrated.</p> <p>Sip (don't gulp!) water in the lead up to your event to reduce dehydration and prevent stomach discomfort.</p> <p>Fuel up with more healthy tips at fueltogo.com.au</p> <p>#fuelup #fueltogoandplay #beyourbest</p>	

Suggested copy (Facebook and Instagram)

Aim to eat a snack or meal which contains protein and carbohydrates 30-60 minutes post-event. Follow the 4 R's for recovery:

Refuel your muscles with foods that contain healthy carbohydrates like rice or pasta.

Repair & rebuild your muscles with lean protein like chicken, eggs or tofu to prevent injury

Revitalise and support your immune health with vegetables, proteins & carbohydrates.

Rehydrate with water!

Don't have time to eat a meal - why not try a small chocolate milk or smoothie.

Fuel up with more healthy tips at fueltogo.com.au

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Tile

Nutrition tip #4

RECOVERY

- ✓ Refuel
- ✓ Repair
- ✓ Revitalise
- ✓ Rehydrate

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