

To perform at your best on game day you need to fuel your body with healthy food and drinks. It is important that you incorporate nutritious healthy food and drinks not only on game day, but, every day! This is so you can:

- grow and develop
- concentrate in school
- support your immune health
- achieve your sporting goals

Follow the Australian Guide to Healthy Eating and recommended number of serves for your age to help you build your foundation diet.



FUELLING

TRAINING AND GAME DAYS

On training and game days choose carbohydrate rich snacks and hydrate with water to ensure your body has the energy to perform at your best and prevent early onset of fatigue.

TOP TIP

**IF FEELING NERVOUS
BEFORE TRAINING OR
EVENTS OPT FOR A
LIQUID BASE**

- When we talk about healthy fuelling, prioritise food and drinks rich in carbohydrates to help optimise your performance.
 - Foods and drinks which contain carbohydrates provide our muscles and brain with energy (glucose). Carbohydrate containing foods include, wholegrains and grain foods (rice, pasta, breads and cereals) as well as dairy products fruits and vegetables.



Foods containing healthy carbohydrates which are low in fat and contain some protein to keep you full should be prioritised in meals (2-4 hours) prior to game and training days.



MEAL IDEAS

- spinach eggs on toast
- coconut porridge
- chicken burrito
- toasted sandwiches with chicken and cheese
- tofu eggs
- muesli fruit cups

Prioritise carbohydrate rich snacks (1-2 hours) prior to game and training days.

SNACK IDEAS

- small bowl cereal
- yoghurt & fruit
- muesli bars
- crumpets/English muffins with cream cheese and fruit topping
- fruit and cheese
- small piklets and pancakes with honey.



For games <60 minutes a well-prepared pregame fuelling regime will provide you the energy to perform at your best. However, if a mid-game snack is required, top up the tank with healthy snacks and water to stay hydrated. Healthy snack options include

- fruit
- muesli bar
- yoghurt pouches
- flavoured milk

**HYDRATE WITH WATER
IN BETWEEN RACES**



RECOVERY

REFUEL, REHYDRATE, RECOVERY

After games and exercise:

To get the most out of your recovery aim to eat a meal or snack between 15-30 minutes post game/hard training sessions, which contain a mixture of carbohydrate and protein.



Refuel your muscles with healthy carbohydrates like rice, pasta, breads, cereals, dairy products and vegetables

Repair and prevent injury with protein. Choose lean varieties chicken, fish and red meat, dairy products



Burke, L.M., Haweley. J.A. Wong, S.H.S & Jeukendrup, A.E. (2011). Carbohydrates for training and competition. *Journal of Sports Sciences*, 29., S17-S27. <https://doi.org/10.1080/02640414.2011.585473>

Desbrow, B., McCormack, J., Burke, M.L., Cox, R. G., Fallon, K., Hislop, M., Logan, R, Marino N., Sawyer M. S., Shaw, G, Star, A., Vidgen, H., & Leveritt, M. Sports Dietitians Australia Position Paper Statement: Sports Nutrition for Adolescent Athlete.(2014). *International Journal of Sports Nutrition and Exercise Metabolism*, 24(5), 570-584.<https://doi.org/10.1123/ijsnem.2014-0031>

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltoeducation.wa.edu.au

@fueltogoandplay

