

FUELLING FOR BEST PERFORMANCE

(adolescent)

To perform at your best on game day you need to fuel your body with healthy food and drinks. This is important every day and on game 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 build your foundation diet.



Top Tips

- Eat a wide variety of foods from the five groups
- Bulk up your meals with colourful fruit and vegetables
- Start the day with a nutritious breakfast to prevent early onset fatigue
- Pack a variety of snacks to keep your tank topped up throughout the day
- Add in extra snacks for before and after training sessions
- Aim for mainly wholegrain cereals such as wholegrain bread or wholemeal bread varieties
- Spread carbohydrates and proteins in meals and snacks across the day
- Use the everyday fuelling plate to build balanced lunch and dinner meals, such as chicken and salad wraps, burrito bowls and home made pizzas.
- Add healthy fats to your meals and snacks such as olive oil, avocado, nuts and seed
- Keep your water bottle on hand and stay hydrated throughout the day!



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Building the foundations:

Grain foods

Source of carbohydrates (energy) & fibre, vitamins and minerals.

What's a serve?

- 1 slice of bread
- ½ roll or flat bread
- ½ cup porridge 30g cereal (i.e. wheat cereal flakes)
- 2 Weetbix
- ½ cup cooked rice
- English muffin.



Vegetables & legumes

Contain important vitamins, minerals & fibre for general growth and development as well as carbohydrates and proteins.



- What's a serve?
- ½ medium potato
- 1 cup leafy green or salad vegetables
- ½ cup cooked vegetables
- ½ cup cooked beans or canned peas.

Fruits

Important antioxidants, vitamins, minerals & fibre for general growth and development and immune support.



What's a serve?

- medium apple
- 2 small fruits - kiwi fruits, apricots
- 1 cup diced or canned fruit on occasions
- 125mL fruit juice
- 30g dried fruit.

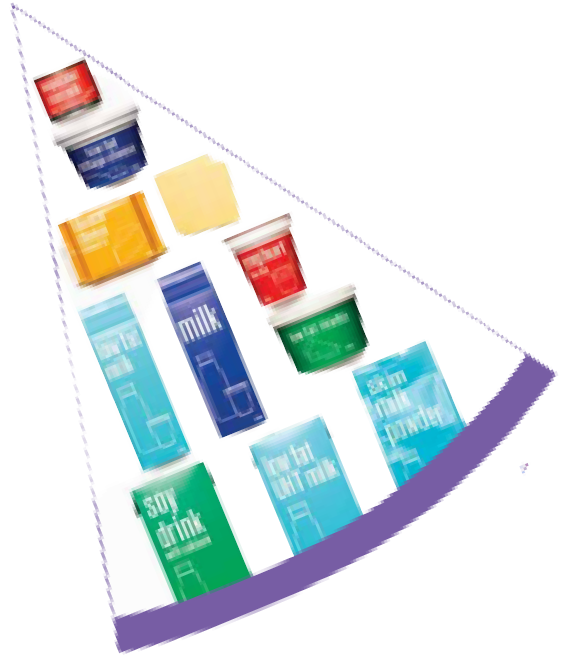
Building the foundations:

Milk, yoghurt, cheese & /or alternatives

Contains nutrients for muscle growth & repair, minerals including calcium for strong bones.

What's a serve?

- 1 cup (250mL) milk (low fat preferably)
- 2 slices cheese
- 200g yoghurt
- 1 cup (250 mL) milk alternative
 - 100mg of added calcium/100mL.



Lean meats, poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Important minerals and nutrients for growth & development.

What's a serve?

- 65g lean meat (visible fat trimmed)
- 100g cooked fish
- 80g cooked chicken
- 1cup cooked or canned beans/legumes
- 170g tofu
- 30g nuts, seeds, nut pastes.



The recommended average daily number of serves for children and adolescences

Children and adolescents participating in sports will require additional serves of the five food groups to ensure they meet their requirements.

Boys

Boys	Vegetables & legumes/beans	Fruit	Grain (cereal) foods mostly, wholegrain	Lean meat and poultry, fish, eggs and seeds and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx.number of additional serves from the five food groups or discretionary choices
4-8	4 ½	1 ½	4	1 ½	2	0-2 ½
9-11	5	2	5	2 ½	2 ½	0-3
12-13	5 ½	2	6	2 ½	3 ½	0-3
14-18	5 ½	2	7	2 ½	3 ½	0-5
19-50	6	2	6	3	2 ½	0-3

Girls

Girls	Vegetables & legumes/beans	Fruit	Grain (cereal) foods mostly, wholegrain	Lean meat and poultry, fish, eggs and seeds and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx.number of additional serves from the five food groups or discretionary choices
4-8	4 ½	1 ½	4	1 ½	1 ½	0-1
9-11	5	2	4	2 ½	3	0-3
12-13	5	2	5	2 ½	3 ½	0-2 ½
14-18	5	2	7	2 ½	3 ½	0-2 ½
19-50	5	2	6	2 ½	2 ½	0-2 ½

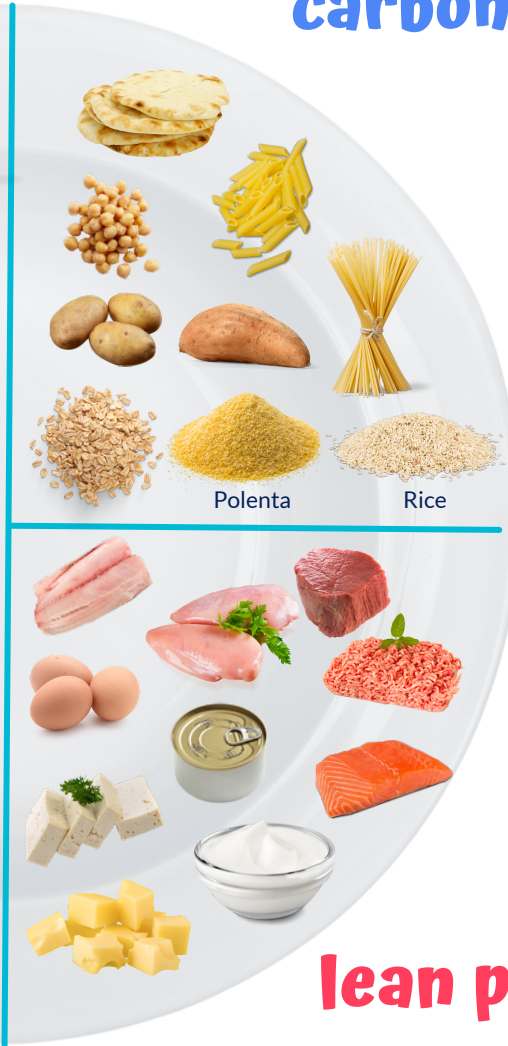
For more information visit Eat for Health website: www.eatforhealth.gov.au

Every day fuelling plate- Foundation diet

**lots of
colourful
veg**



carbohydrates



lean protein

**hydrate
with water**



**healthy fats
in small
amounts**

Fuel for sports

Choosing healthy food and drinks helps us perform at our best. During sport, a combination of carbohydrates, protein, healthy fats and fluid is needed to stay fuelled and hydrated.

Carbohydrates

Food 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. These food and drinks provide energy for active bodies, fibre for general gut health and a wide range of essential vitamins and minerals.



Protein



Protein is needed for recovery, growth and development. It provides the necessary building blocks for growing and repairing muscles and is important for normal immune function. Include a small serve of lean protein at each meal and in snacks after exercise. Lean protein sources include meat, seafood, eggs, dairy and alternatives (e.g. soy milk), meat alternatives, legumes, nuts and seeds.

Healthy fats

Brain and growth and development, provides additional energy and absorption of fat soluble vitamins. Include unsaturated fats in main meals and snacks following exercise. Healthy sources of fats include reduced fat dairy such as milk and yoghurt, nuts, avocado and oily fish such as salmon and tuna.

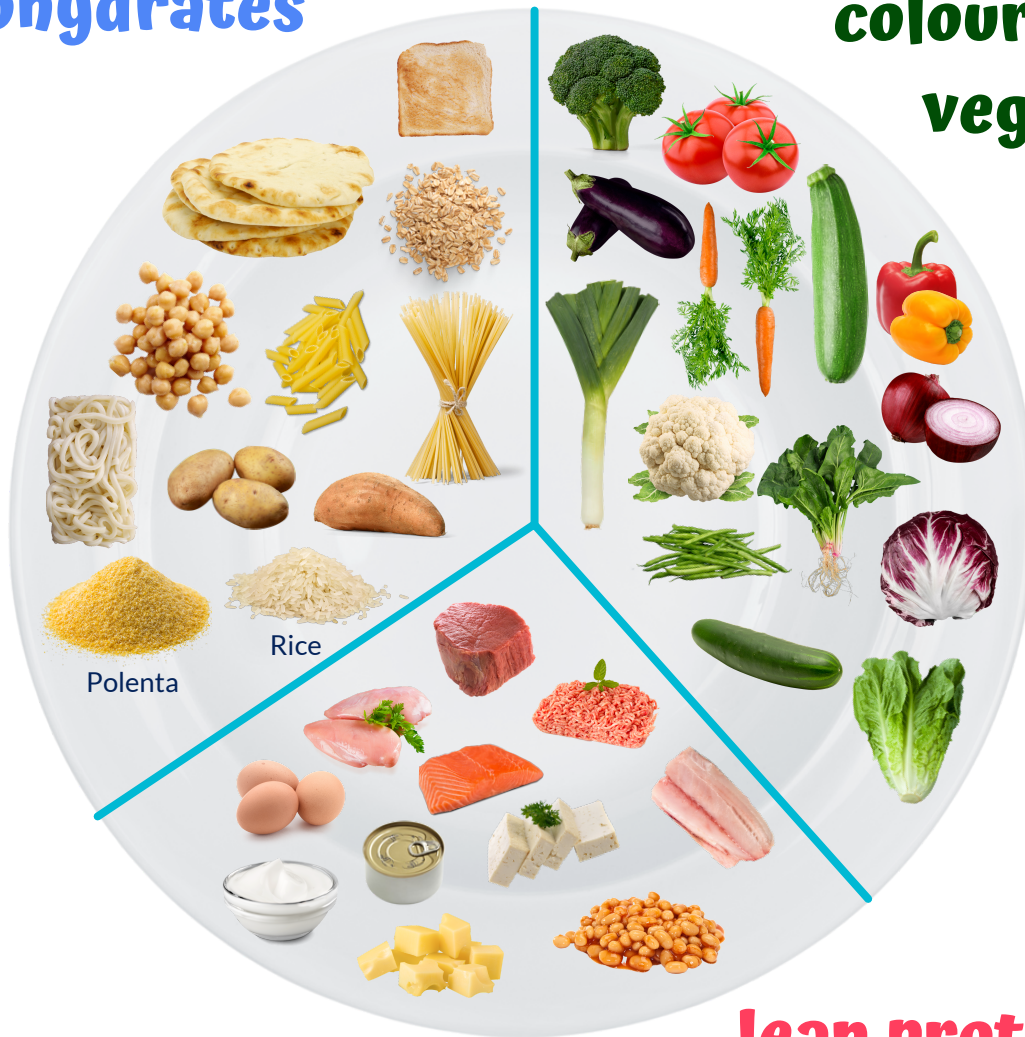


Night before/game day Fuelling plate

Build energy stores the night before and prioritise higher carbohydrate meal.

carbohydrates

**lots of
colourful
veg**



**hydrate
with water**



**healthy fats
in small
amounts**



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.



3-4 hrs prior:

Foods containing healthy carbohydrates which are low in fat and contain some protein to keep you full should be prioritised in meals (3-4 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
- porridge



1-2 hrs prior:

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.

Banana Smoothie

Ingredients

- 1 large frozen banana, chopped
- 3 fresh dates, deseeded, chopped
- 1½ tablespoons unsweetened cocoa powder
- 2¼ cups reduced fat milk
- 2 teaspoons vanilla extract

Method

1. Blend banana, dates, cocoa powder and ½ cup milk in a blender on high speed for 1 minute or until smooth
2. Add remaining milk and vanilla and blend for 30 seconds or until frothy. Pour into glasses and serve immediately.

top tip

if feeling nervous before training or events opt for a liquid meal

Halftime hacks

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.



stay hydrated with water

Recovery

After games and training

To get the most out of your recovery aim to eat a meal or snack as soon as possible after your game/training session. It is important to include protein to help your muscles repair.



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



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

meal & snack ideas

- muesli cup
- muesli bar
- flavoured milks
- yoghurt & fruit
- stir fry or noodles or pasta with lean meats and vegetables
- cheese and salad sandwiches/wraps
- chicken or lean meat burgers with salad
- chicken and salad sandwiches/wraps
- yoghurt pouches

refuel with carbohydrates

rebuild with protein

revitalise with fruit and vegetables

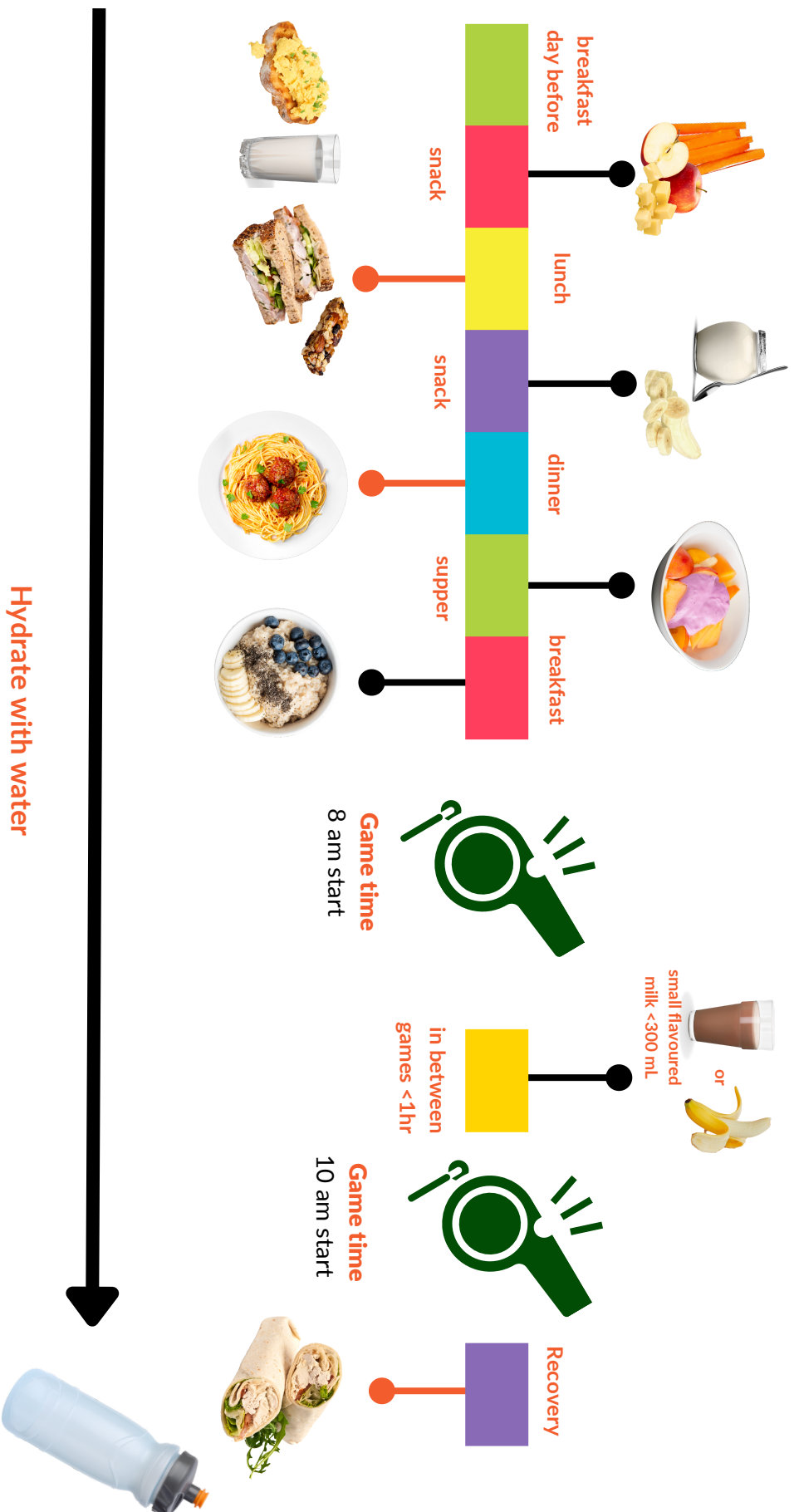
rehydrate with water

For tailored sport nutrition advice see an Accredited Sports Dietitian.

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>

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putting it all together



Notes



This booklet was produced by Fuel to Go & Play®

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