

Fuel your body

Tips to help
you perform
at your
best!



Fuelling for Best Performance

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 (page 2) and recommended number of serves for your age (page 5) to help build your foundation diet.

Top tips to help fuel your body everyday!

- 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 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
- Include carbohydrates and proteins in meals and snacks across the day
- Use the everyday fuelling plate (page 8) 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 seeds
- 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.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans



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

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts



Only sometimes and in small amounts



Building the foundations:

Grain foods

Are a 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?

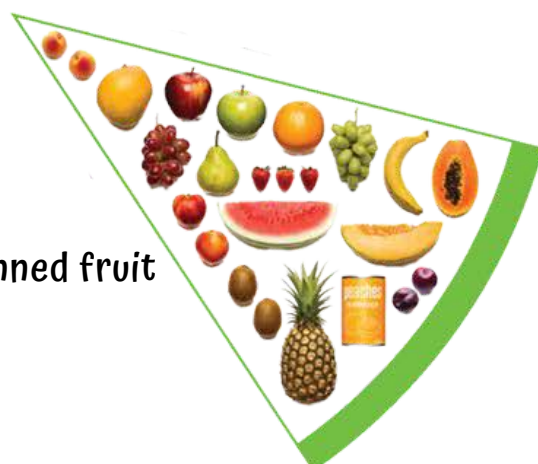
- ½ medium potato
- 1 cup leafy green or salad vegetables
- ½ cup cooked vegetables
- ½ cup cooked beans or canned peas.

Fruit

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

What's a serve?

- 1 medium apple
- 2 small fruits - kiwi fruits, apricots
- 1 cup diced or canned fruit in juice
- 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 /100mL of added calcium.



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
- 1 cup cooked or canned beans/legumes
- 170g tofu
- 30g nuts, seeds, nut pastes.

The recommended average daily number of serves for children and adolescents

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

Boys

Boys age	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

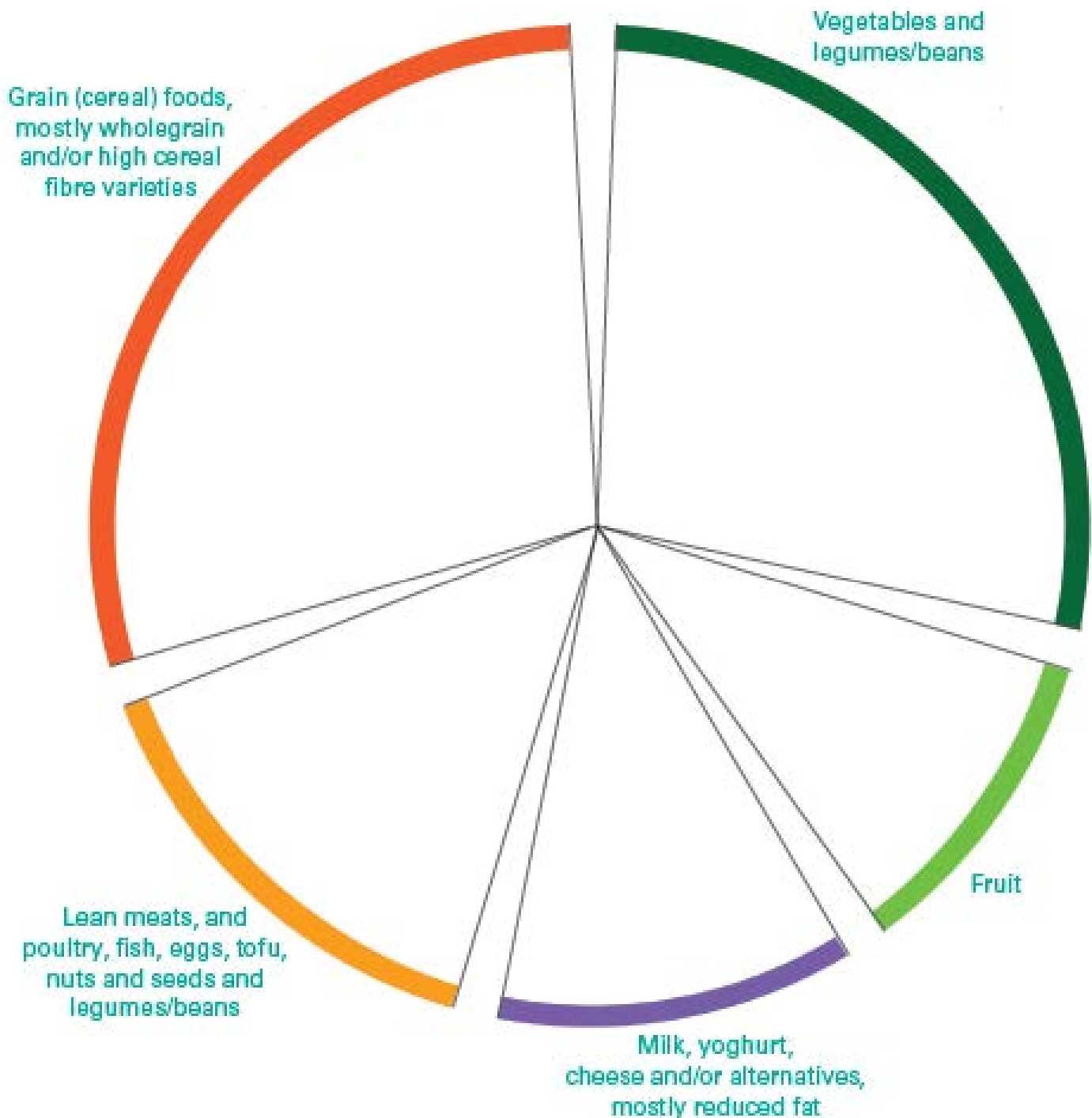
Girls age	Vegetables & legumes/beans	Fruit	Grain (cereal) foods mostly, wholegrain	Lean meat and poultry, fish, eggs and seeds and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx.number of additional serves from the five food groups or discretionary choices
4-8	4 ½	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

Building the foundations:

Activity time!

Which food groups do you not eat the recommended number of serves for? (see page 4 for the number of serves you need). Write down food and drinks which you can add to your daily intake so that your foundation (every day) diet will give you the Fuel to Go & Play!

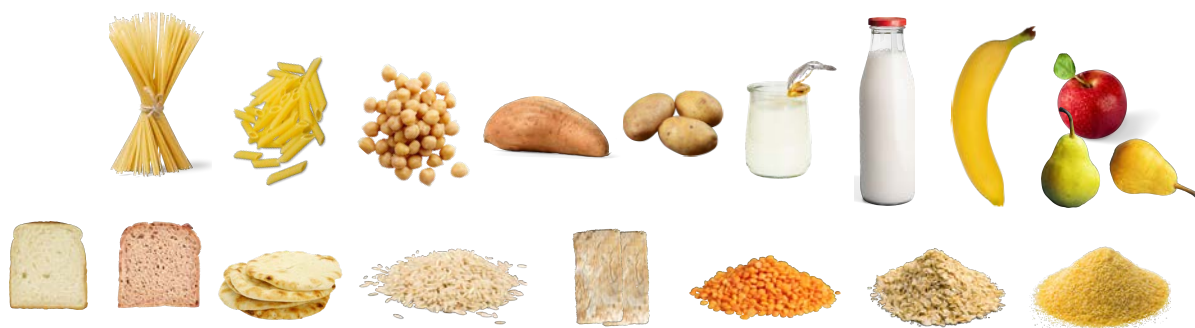


Fuel for sports

Choosing healthy food and drinks helps us perform at our best. During sport, a combination of carbohydrates, protein, healthy fats and water 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, 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.



Every day fuelling plate- Foundation diet

Build a plate filled with lots of colourful fruits, vegetables, carbohydrates and lean protein everyday and on easy training days to help you optimise your growth and development and perform at your best on game day.

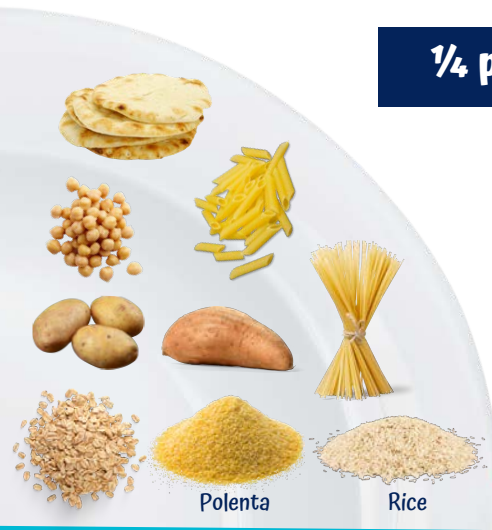
lots of colourful fruit & veg

½ plate



carbohydrates

¼ plate



lean protein

¼ plate



**hydrate
with water**



**healthy fats
in small
amounts**



Night before/game day Fuelling plate

Build energy stores the night before and prioritise a higher carbohydrate meal to prime your muscles for game day.

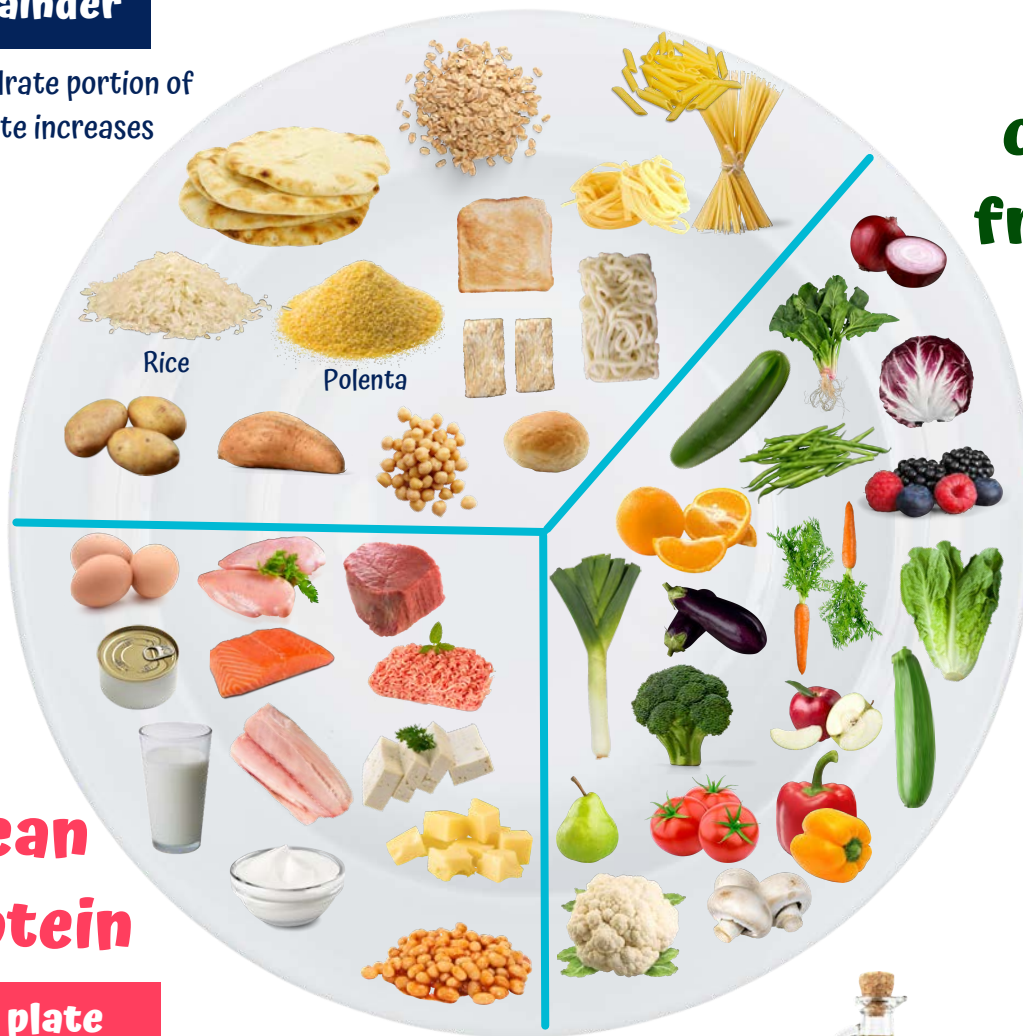
carbohydrates

remainder

carbohydrate portion of the plate increases

lots of
colourful
fruit & veg

1/3 plate



lean
protein

1/4 plate

protein stays consistent

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 of cereal
- yoghurt & fruit
- muesli bars
- crumpets/English muffins with cream cheese and fruit topping
- fruit and cheese
- popcorn
- small pikelets and pancakes with honey

Fuelling

Activity time!

Write down some of your favourite healthy fuelling meals and snacks for you to fuel up on before your games!

3-4 hrs prior:

1-2 hrs prior:

Banana Smoothie

Serves 4

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 or less 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.

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 red meat and dairy products

meal & snack ideas

- muesli cup
- muesli bar
- plain or 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

Recovery

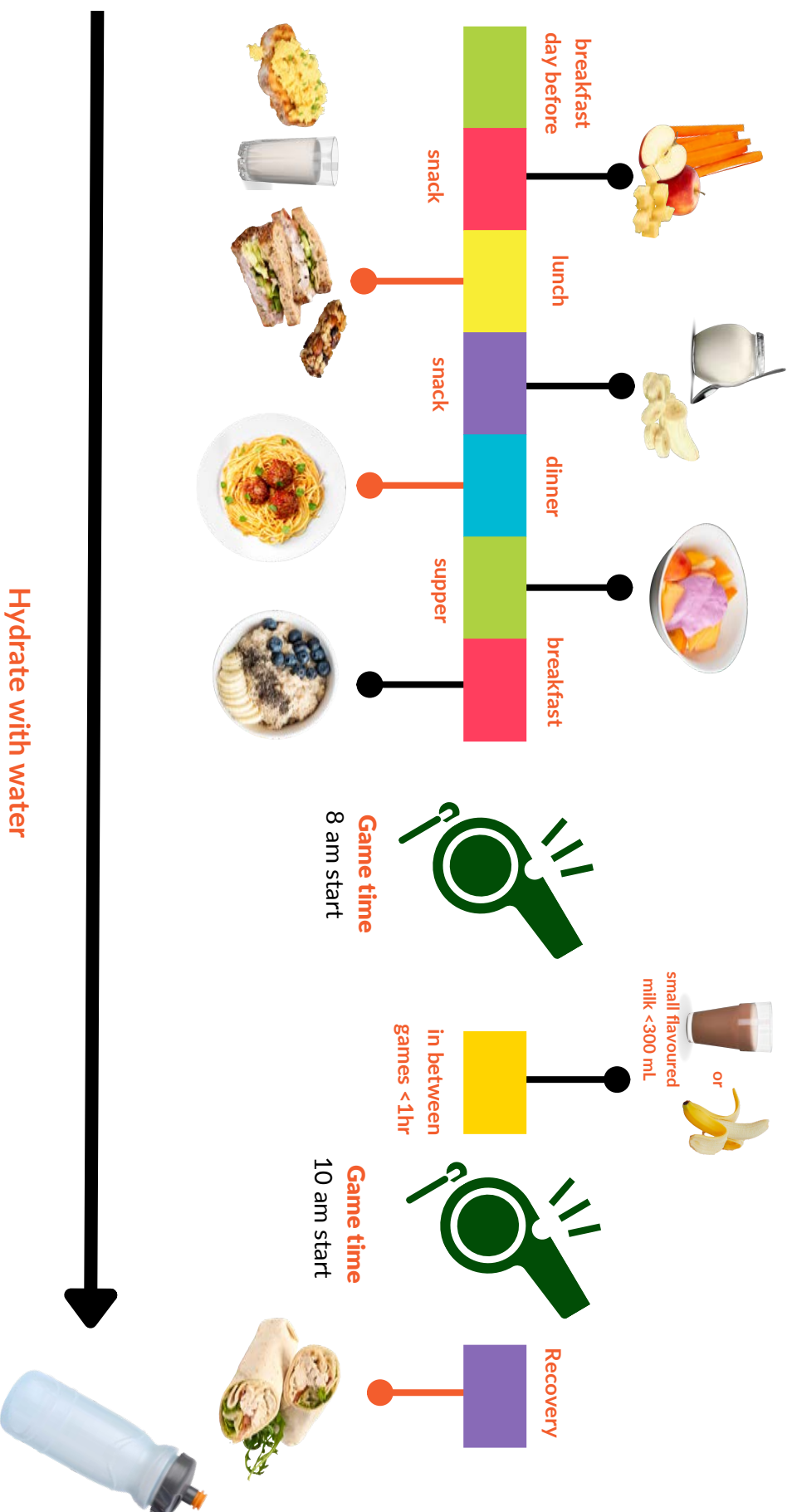
Activity time!

Write down some of your favourite healthy recovery meals and snacks for you to pack for after your games!

Recovery meal ideas

Recovery snack ideas

putting it all together



The safe lunchbox

A word on food safety!

It is important to keep your food safe when packing your lunchbox. Bacteria grow and breed in food when the correct temperature is not maintained.

Practical lunchbox

Purchase a lunchbox which is insulated and has hard sides, this will ensure food stays cold and prevents items from being squashed.

Keeping cold food cold

Keeping foods cold can be challenging particularly during our summer months. Here are some tips to keeping cold food cool.

- Make sure cold foods are really cold when packed
- Use an ice brick to keep food cool. Bricks also stay frozen longer than gel type ice packs
 - Place an ice brick and a frozen drink inside the lunchbox. Once the frozen drink is gone the ice brick will continue to keep the food cold.

insulated lunch
bag



ice brick



Keeping hot food hot

It's also important to keep hot foods hot! A thermos is a great way to ensure food such as soups, bolognese stays hot and safe to eat.



Thermos



Notes

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For tailored sport nutrition advice see an Accredited Sports Dietitian.

References:

- 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>



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