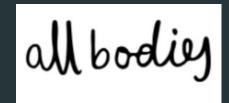# Nutrition for School and Sport

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Our bodies perform amazing tasks and needs to be fuelled properly on a daily basis. The fuel our body uses comes from the food we eat.
FOOD = ENERGY!

Nutrition is important for growth, maturation, establishing food habits and physical development. Children and adolescent athletes are NOT small adults and must account for their individuality.

During exercise the food we consume has a direct impact on how we train, compete and study. If there is no food in our system we start to use reserves in our muscles and fat stores. It is important to consistently eat the right foods in the right amounts throughout the day to correctly fuel for daily activities.

Most foods can be broken down into 3 major parts or 'macronutrients'.
PROTEIN, CARBOHYDRATES + FATS!

WHAT IS PROTEIN?

- Protein is found in meat, dairy and egg products
- Helps build and repair muscle stores
- Helps strengthen your immune system
- Aim to eat protein at all meals and most snacks roughly the size of your palm!

WHAT IS CARBOHYDRATE?

- Carbohydrates are found in wholegrains (rice, bread, pasta), fruit and dairy
- Provides the bodies main fuel source
- Should be eaten regularly throughout the day and important around training and sport

WHAT IS FAT?

- Fats can either be unsaturated **(good fats)** or saturated **(bad fats)**
- Good fats are essential for health, growth and brain development. Foods like seafood, nuts and avocados
- Bad fats are known to contribute to bad health outcomes and are found in high sugary processed and packaged foods and should be limited. Such as packaged chips, biscuits and takeaway options

HYDRATION

- Being dehydrated can impact how you think and how you physically perform. Drink water throughout the day with all meals and snacks and sports drinks aren't necessary.

VITAMINS + MINERALS

- Iron: found in meat products and leafy greens and helps deliver oxygen around the body
- Calcium: found in dairy products and are important for bone growth and muscle contraction
- Other essential vitamins/minerals are found in fruit and vegetables! Aim to eat a lot of colours! Eat the rainbow!

PRE-TRAINING

- Aim for a small carbohydrate hit before exercise that wont upset your tummy!
- Aim to eat your main pre-training meal 2-4 hours before training OR eat a light carbohydrate snack roughly an hour before training
- Make sure you go to training well hydrated

POST-TRAINING

- Aim for a decent amount of protein and carbohydrate to help replace the fuel that was used and to help build and repair muscle
- Aim to eat this meal shortly after exercise depending on your schedule. There is NO set time window as long as you achieve the goal of a decent amount of protein + carbohydrate
- Make sure you drink plenty of water after exercise

MORE IMPORTANT POINTS

- Eat regularly throughout the day! Always eat the main meals and consume any additional snacks around sport to help fuel and recovery.
- Make sure you are getting enough sleep at night. Our bodies recover the most when we are sleeping. Aim for at least 8 hours.

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Meal Plan Example

BREAKFAST

- Eggs on wholemeal toast with avocado and cheese

  OR

- Bowl of oats with full cream milk, berries and other fruit

FIRST BREAK (MT)

- Yoghurt pouch + piece of fruit

  OR

- Protein muesli bar + piece of fruit

SECOND BREAK (L)

- Meat and salad sandwich on wholemeal bread

  OR

- Meat, rice and vegetable stir fry

AFTERNOON TEA (AT)

- Boiled eggs and roasted chickpeas

  OR

- Tin of tuna + rice crackers

DINNER/TEA

- Roast meat and 3 vegetables

  OR

- Spaghetti bolognese with vegetables

Pre-Training Snack Ideas

- Raisin Toast
- Milo and milk
- Fruit or dried fruit
- Rice cakes and Jam

Post Training Snack Ideas

- Chocolate milk
- Yoghurt and Fruit
- Tuna and crackers
- Milk and berry-based smoothie

If stuck for recipes or ideas make sure to check out our resource hub that is available online @allbodiesservices.com.au

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