

GOOD SPORTS JUNIOR FUEL THEIR PERFORMANCE

In order for our juniors to give it their best on the playing field, we need to give them the best food to fuel their performance. Getting juniors to eat a balanced diet every day stocks up their muscles for optimal performance.



THE NIGHT BEFORE

This meal is a great opportunity to make sure the body is full of carbohydrates, so it can do its best for as long as possible. A carbohydrate based meal that includes protein and vegetables is ideal.

Try one of the following examples:

- Spaghetti bolognese with grated carrot, zucchini and spinach in the sauce.
- Fried rice (or quinoa/couscous) with chicken, egg, peas, corn and carrot.
- A roast dinner with potato, pumpkin/sweet potato and some broccoli.
- Chicken/beef stir fry with noodles and vegetables.

THE MORNING OF

A good breakfast will help kids perform at their best all day.

For a breakfast that is 1-2 hours before the event, a light snack is the best choice. Lower fat and protein are more likely to be digested quickly.

Good options are:

- Cereal
- Muesli bar
- Fresh fruit
- A banana and honey sandwich
- Low fat yoghurt
- Smoothie/flavoured milk

If you have 2-4 hours before an event, a meal that includes some carbohydrates and protein, and is low in fat, is best.

Good options are:

- Breakfast cereal, muesli or oats with milk and fruit.
- Toast with baked beans, cheese, ham or eggs with glass of milk.

DURING

Make sure kids regularly consume fluids. This is essential to help regulate their body temperature and prevent dehydration. Water is the best way to keep juniors properly hydrated.

If the game or event is greater than 60 minutes, have some healthy snacks on-hand to keep kids going.

AFTERWARDS

It's normal for kids to be tired and grumpy after a long, active day, so be prepared with some protein and carbohydrate combinations to refuel energy and help recovery. A low fat flavoured milk is an ideal muscle recovery drink, and trail mix with dried fruit and nuts is both protein and carbohydrate rich.

