WHAT SORT OF FOODS SHOULD SPORTS PEOPLE EAT?

CARBOHYDRATE is the most important nutrient for athletes.

- It is the main fuel our muscles use when we exercise.
- If you don’t eat enough carbohydrates you can run out of energy and won’t perform well.
- Eat a high carbohydrate meal before and after playing sport. Good choices include:

  **BREAD**
  especially wholemeal and multigrain breads.

  **BREAKFAST CEREALS OR PORRIDGE**

  **DRY BISCUITS OR RICE CAKES**

  **FRUIT**
  especially bananas.

  **POTATO, SWEET POTATO AND CORN**

  **RICE AND PASTA**
  BAKED BEANS OR LENTILS

WHY IS GOOD NUTRITION IMPORTANT FOR SPORTS PEOPLE?

If you do lots of sport or exercise, good nutrition can help you to:

- get the best results from training
- perform well in matches or events
- recover properly
- avoid dehydration
- stay healthy and get sick less often

FUELLING UP FOR SPORT

TUCKER TALK TIPS
TUCKER TALK TIPS

FUELLING UP FOR SPORT

DRINK UP!

When we exercise, our bodies lose a lot of water through sweat.

• It is important to replace this water to avoid dehydration.
• It is important to drink plenty of water before, during and after exercise.
• Try weighing yourself before and after exercise. You need to drink about 1L of fluids for every kg you lose. Water is best.
• Sports drinks are useful if you are exercising for longer than 60 minutes.
• Alcohol is not recommended after sport, as it dehydrates you even more and stops your muscles from recovering properly.

WHAT ABOUT PROTEIN?

Athletes who are trying to build up their muscle strength and size need to eat slightly more protein. There is no need to eat huge amounts of protein or to buy expensive protein powders. You can get your protein from:

- **MEAT**
  - leaner meat such as kangaroo has more protein.

- **FISH**
  - including canned tuna, salmon or sardines.

- **CHICKEN AND TURKEY**

- **EGGS**

- **MILK AND YOGHURT**
  - low fat milk has more protein.

- **BAKED BEANS OR LENTILS**

Eating some protein and carbohydrate together straight after training will help your muscles to recover and grow stronger.

For more information visit www.vaccho.org.au/nutrition