

FUELLING UP FOR SPORT

MY MESSAGE TO YOU



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

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



VACCHO



Produced by the Victorian Aboriginal Community Controlled Health Organisation and the Department of Health. Illustrations by Brayden Williams.



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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.



EGGS



FISH

including canned tuna, salmon or sardines.



MILK AND YOGHURT

low fat milk has more protein.



CHICKEN AND TURKEY



BAKED BEANS OR LENTILS

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