

## Why is good fuel important?

Choosing healthy food and drinks helps us perform at our best. During sport, a combination of carbohydrates, protein, healthy fats and fluid is needed to stay fuelled and hydrated.



**Carbohydrates** provide energy during sport. The best sources of carbohydrates includes grains, wholegrain cereals and breads, legumes, fruit, vegetables and dairy products. These food and drinks provide energy for active bodies, fibre for general gut health and a wide range of essential vitamins and minerals.

**Protein** is needed for recovery, growth and development. 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. Protein provides the necessary building blocks for growing and repairing muscles, and is important for normal immune function.



**Healthy fats** are necessary for normal growth and development. 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.

**Fluids** to stay hydrated. Drinking adequate fluids before, during and after exercise ensures we stay hydrated and perform at our best. Water is the best choice.



## How much should we drink?

Fluid requirements will vary:

- from person to person
- depending on the weather, e.g. sport in hot or humid conditions will increase fluid requirements.
- during intense exercise where sweat rates are higher.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

### Warning signs of dehydration

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

# Get the Fuel to Go & Play®

## Before exercise

Fuel up before exercise with:

- Cereal with milk
- Eggs on toast
- Fruit salad
- Pikelets with fruit and yoghurt
- Porridge with fruit
- Water
- Wholegrain toast.



## During exercise

Keep your tank topped up with fruit and stay hydrated by sipping on water.



OR



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## After exercise

After exercise, it's important to rehydrate, replenish and rebuild with healthy choices.

Refuel with:

- Baked beans on toast
- Chicken with rice and vegies
- Fresh fruit and yoghurt
- Flavoured milk (<300mL)
- Healthy hamburger loaded with salad
- Pasta salad with vegies
- Rice paper rolls
- Sandwiches, rolls and wraps
- Sushi
- Toastie with cheese and tomato
- Toast or rice cakes with crunchy peanut butter and sliced fruit



### References

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