

SCORE THE TRY, SHOOT THE HOOP, WIN THE GAME!



Putting in the hard yakka? Make it count with these SPORTS NUTRITION TIPS:

- **Eat well overall** – dirty fuel never makes a car go well. Your body is the same! Eat a variety of foods including fruit & vegetables, breads and cereals, dairy products and meat or meat alternatives to prime the tank.
- **Be smart** – what you eat and drink before, during and after training or a game can make all the difference!

PREPARATION

Top up your fuel with a meal 3-4 hours before a game. Good choices include:

- Breakfast cereals like weetbix and porridge
- Bread as toast or sandwiches
- Bananas or yoghurt
- Tinned fruit in its own juice

ON THE DAY

Be prepared with foods ready to eat and easy on the stomach. Try the following:

- Cut up oranges and other fruits
- Sandwiches and bread rolls
- Instant noodles or soups
- Low fat muesli bars

RECOVERY

Refuelling and rehydrating are top priorities after a game or training. Carbohydrate rich foods are best – aim to eat these kinds of food within 15-20 minutes:

- Fresh fruit like bananas
- Yoghurt
- Sandwiches and cereals
- Sports bars

FOCUS ON FLUIDS

- Water is best – drink plenty before, during and after a game
- Drink often and even when you are not thirsty
- Take your own water bottle with you – remember keep your spit to yourself!

What about Sports Drinks?

Sports drinks can help replace fluid and energy in the following situations:

- During intense activity lasting 60-90 minutes or endurance events
- On tournament or competition days between and during closely spaced events
- 4-8 grams of carbohydrate per 100 mls of fluid is best

Information from *Kai – Choice kai for young Maori* available from
www.tehotumanawa.org.nz

Healthy Nibbles

Nutrition and Physical Activity Information for Adolescents

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha