

# Prepare to Play

## TIPS FOR GAME/TRAINING DAY NUTRITION FOR YOUNG ATHLETES

### Pre-game/training 2-4 hours before (for sustained energy)

- Toast, Crumpets or English muffins with jam or honey
- Baked potato + cottage cheese filing
- Baked beans on toast
- Breakfast cereal e.g., or muesli bar( low in nuts/seeds) with milk
- Bread roll, wrap or sandwich with cheese, egg or lean meat filing
- Pasta or rice with low fat sauce e.g. tomato, vegetables, lean protein
- Fruit toast or bun and a glass of milk
- Creamed rice with stewed fruit



### Pre-game/training 1-2 hours before (for energy & easy to digest)

- Liquid meal supplement e.g. Sustagen, Up & Go
- Fruit smoothie or milk shake
- Light breakfast cereal with milk e.g Weetabix, Cornflakes, Multigrain, Sustain, Oatmeal
- Cereal bars e.g., Uncle Toby's, Carmans Oat Slice (no nuts), Kellogg's K-time twist
- Low fat fruit yoghurt or drinking yoghurt e.g., Chobani, Five Am
- Fruit e.g., banana, canned stewed fruit
- Jam, honey or peanut butter sandwich with white or wholemeal bread
- Crackers and cheese e.g., rice crackers or vita wheats with cottage cheese



### During games/training (some suitable for break times-for quick energy)

- Jam or honey sandwich
- Rice crackers or cakes
- Small banana, orange slices, watermelon slices, grapes, berries



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#### Post-game /training(recovery) nutrition

- Soup and a cheese sandwich
- Fruit smoothies with milk or drinking yoghurt
- Bread roll or sandwich with cheese, lean protein and salad
- Noodle or rice dishes with lean protein and vegetables
- Baked potato with cottage cheese
- Milk shakes or flavoured milk
- Pasta with lean protein and vegetables
- Baked beans on toast
- UP & GO
- Sushi rolls



#### Hydration

##### Match or training day:

- Start drinking early- especially in the heat
- Aim to drink enough to keep your urine clear throughout the day
- 2 hours before the game/training – drink up to 600ml of fluid
- 15 minutes before play – drink about 300-500ml of fluid
- During the game/training: aim for 100-250ml every 15 minutes or sip small amounts
- The gut can tolerate up to 1 litre of fluid per hour – but this may vary for individuals
- Grab that drink- don't wait until you are thirsty
- Practice drinking at training

##### What to drink:

- Before the game/training: Water is best, but sports or electrolyte drinks may help for high physical demands or in hot, humid conditions by providing small amounts of carbohydrates and electrolytes boosting energy and performance. Milk drinks can also be a good choice pre & post game.
- During and after the game: water is best
- The drinks you should try to avoid are caffeine drinks like tea/coffee/energy drinks, too much fruit juice and carbonated drinks such as soft drinks.

