

Sports nutrition

People who are active and eat a variety of nutritious food tend to be healthier, live longer and are at less risk of developing lifestyle illnesses such as heart disease or diabetes. For balanced, healthy eating a coach should encourage participants and their families to:

Eat from the core food groups each day:

Breads, cereals and other grain foods

Vegetables

Fruit

Dairy - milk, yoghurt and cheese

Meat, fish, poultry, eggs and legumes

Fats - oils, butter

Eat plenty of plant foods (vegetables, legumes, fruit, bread, cereal, rice and pasta), moderate amounts of animal foods (milk, yoghurt, cheese, meat, fish, poultry and eggs), and small amounts of the extra foods (including oils, butter and margarines)

Choose varieties of foods from within each of the food groups

Remember that breakfast (including cereal, toast, fruit and dairy) is important and a great start to the day

Fuel up for training and competition by eating plenty of carbohydrate foods, such as pasta, rice, bread and cereals

Choose low-salt foods and use salt sparingly

Drink plenty of fluid, coaches should help participants to, follow a fluid replacement routine, or drink before, during and after training and competition. Fluid should be increased during hot or humid weather

Encourage set times for meals and limit the number of snacks to three per day

Avoid eating in front of the television and do not use food as a reward or comfort.