

## Food - Eating and Sport

You need to provide your body with the right sort of fuel if you are exercising regularly and training for your sport.

What you need to eat

### **Eat mostly – Carbohydrates**

Rice, pasta, noodles, bread, fruit, legumes (beans, lentils) and starchy vegies (like potatoes).

#### **Why?**

A diet high in carbohydrates:  
builds and maintains muscle  
provides long lasting power  
helps your body to recover quickly and easily.

Foods like potatoes, fruit, rice and bread are easily digested, give you energy to exercise and help you to recover faster.

### **Eat enough – Protein**

Lean meat, fish, poultry and dairy products (like cheese, milk and yoghurt).

#### **Why?**

Eating small to medium serves of protein will:  
help to build strong and healthy bones and muscles.

### **Eat least – Fat**

Choose low-fat products like grilled lean meat and low fat dairy foods.

#### **Why?**

Eating low-fat foods can help control your body fat and keep your heart healthy.

### **Remember to drink lots of water**

#### **Why?**

Your body needs to replace all the water it loses through sweating during exercise.

When to eat

#### **2-3 hours before your game or event.**

Your meal should be high carbohydrate, low in fat, protein and fibre - for example, cereal with low-fat milk and fruit, pasta, baked potato (stick to low-fat fillings).

Stick to foods you know in case they upset your digestion.  
Drink water with your meal and before your game.

### **During the game**

Keep drinking water (every 20 minutes if possible).

If your activity lasts for over 90 minutes, keep up your energy levels with small amounts of food, eg. a sports bar (low-fat), fruit, a sports drink.

If you are competing in several events or games during the day, take plenty of carbohydrate snacks with you to eat during and between events to keep up your fuel and energy levels.

**After the game/activity**

Drink water.

Try to eat some carbohydrates in the first 15 minutes after you finish your exercise, eg. some fruit or a muesli bar.

**Two hours after the game/activity**

You need a meal which includes 50-100g of carbohydrates.

Try a baked potato, yoghurt, cereal, thick vegetable soup and wholemeal bread.