

**HEALTHY EATING HELPS
SPORTSMEN**

Did you know that what you eat can affect how well you play sport?

- ⦿ Junk food or fast food will cause fatigue, lack of concentration and a sluggish sports performance.
- ⦿ We should all eat a wide variety of food from the four food groups



Food Group 1

- This group contains your usual breads, cereals and grains
- These foods provide the body with carbohydrates (the main fuel source for the body)



Food Group 2



- This group contains your everyday fruit and vegetables
- These foods provide you with fibre, vitamins and minerals

Food Group 3

- ◉ In this group there are dairy products
- ◉ These foods provide great sources of protein and calcium



Food Group 4

- ⦿ This group contains lean meats, chicken, seafood and dried beans
- ⦿ These foods provide an essential source of protein and the mineral iron
- ⦿ Note: for most people red meat takes about two days to digest.



Did you know that?

- ① 1 gram of fat = 37 kilojoules of energy
- ① 1 gram of protein = 17 kilojoules of energy
- ① 1 gram of carbohydrate = 16 kilojoules of energy

Eating before sport

- ① What should you eat? You should eat foods that are high in carbohydrates
- ① When should you eat? You should eat at normal meal times except when close to the start of your game. Your last meal should be no closer than two hours from the start of your game.

Eating during sport

- Should you eat during sport? If your sport lasts less than 90 minutes then you don't need to eat anything
- If your sport last longer than 90 minutes then you should eat a small number of easy to eat foods such as a muesli bar each hour

Eating after sport

- ① What should you eat? You should eat foods that are high in carbohydrates
- ① When should you eat? You should eat within the first two hours after you have finished exercising

Hydration

- When should you Hydrate? Well before you start to exercise, as often as you can during exercise and for a small time after exercising.

- What should you drink?

Before exercise – water

During exercise – sports drink e.g. Powerade

After exercise – sports drink and water

Summary

- If you incorporate these things into your diet you will perform better on game day