

## A Balanced Lifestyle

### Nutrition

- there are clear connections between what we eat and health. It is important therefore to establish good nutritional habits from an early age
- when training hard, and particularly during growth spurts, your child will have higher energy requirements and needs to eat more
- we need nutrients in the form of protein, carbohydrates, fat and fibre in order to gain enough energy to build up the body
- does the athlete eat the right things?
  - Give the athlete a balanced diet. Plenty of fruit and vegetables (five portions a day). Lots of carbohydrates, e.g. potatoes, bread, cereals, fruit.
  - Avoid high fat foods, e.g. fried food, take-aways, crisps, white sauces, croissants, doughnuts, fatty meat, food with more than 4% fat content.
  - a diet which is rich in Carbohydrates is recommended for athletes who train on a regular basis in order to replenish glycogen stores in their body.
  - Choose healthy snacks for your child, e.g. baked beans on toast, pasta, jacket potato, energy and muesli bars, banana and jam sandwiches, dried fruit + + +
- does the athlete eat at the right times?
  - breakfast is the most important meal of the day
  - They should eat within 30 minutes of finishing exercise (including every training session and competition), as this is the best time to refuel muscles and speed recovery (take a banana to training and drink). More information can be found in Chapter 4 of the Young Athlete's Handbook, the supporting resource in the Junior Athlete Education (JAE) programme. This excellent resource can be purchased from Human Kinetics Publishers in Leeds (ISBN 0-7360-3712-8)
- you will get to know your own body and how close you can eat to competition training. Try to eat 3-4 hrs before. This will ensure that the brain as well as the muscles will have enough fuel for the competition + + +
- there is a food record sheet in this pack which you may find useful.



Our club website is : [www.ukathletics.co.uk](http://www.ukathletics.co.uk)

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### Optimal Nutrition for Exercise and Sport

Energy needs differ substantially among individuals. Factors such as age, gender, size and environment influence daily caloric output.

Nutrients are chemicals that fulfil specific functions in the body. They provide energy, furnish structural components to construct body tissues, and supply regulators to control metabolic functions. Example sources of the nutrients are listed below:

Nutrient	Plant Source	Animal Source
Carbohydrates	Bread, cereals, pastas, fruits and vegetables	
Protein	Dried beans, peas and nuts	Fish, poultry, meat, milk and cheese
Fat	Margarine, vegetable oils, salad dressings	Lard, butter
Vitamin A	Dark green leafy vegetables, yellow vegetables	Butter, fortified milk, liver, margarine
Vitamin C	Citrus fruits, broccoli, strawberries, tomatoes, cabbage, dark green leafy vegetables	Liver
Vitamin B1	Breads, cereals, nuts	Pork, ham
Vitamin B2	Breads, cereals	Milk, cheese, liver
Niacin	Breads, cereals, nuts	Fish, poultry, meat
Iron	Dried peas and beans, spinach, asparagus, prune juice	Meat, Liver
Calcium	Turnip, greens, okra, broccoli, spinach	Milk, cheese, mackerel, salmon

Source: [www.kidsfirstsoccer.com](http://www.kidsfirstsoccer.com)

### Fluid and Keeping Hydrated

- it is vital that your child drinks at least two litres of fluids a day such as water and other still drinks, especially when exercising. This is because fluid is lost during exercise and a lack of fluids can result in dehydration, which can affect health as well as performance. This is important even with a short exercise session
- encourage your child to be organised and take drinks to training in a bottle, as appropriate drinks may not be available at the venue
- it is best for your child to drink water or juice rather than fizzy drinks or tea and coffee
- your child should not experiment with new sports drinks on the day of competition. Try the drink in the weeks leading up to a competition and use what they are familiar and feel comfortable with
- a good indicator of good hydration is when urine is straw-coloured and plentiful.

- Drink 500ml 2 hours before exercising
- Drink 500ml for every 40 minutes of exercise - you should ensure you take regular sips throughout your session.
- Continue to drink after exercising for 1 – 2 hours.

#### Water for performance

A loss of water that exceeds 2% of one's body weight significantly impairs endurance performance.

Our club website is : **WWW.**

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## Food Record

DATE:  TRAINING DAY  COMPETITION DAY  REST DAY

	MEAL & TIME	TYPE OF FOOD OR DRINK	QUANTITY
Morning			
Afternoon			
Evening			

### Recommended Daily Portions

(Number of servings)

Did you achieve ? (tick as appropriate)

- Water - > 3 litres / day
- Fruit & Vegetables > 5 portions / day
- Milk & Dairy > 3 portions / day
- Luxuries < 1-2 portions / day
- Carbohydrate at every meal
- Protein at every meal

### Daily Food Rating

3= Good 2= Okay 1= Poor

Quantity \_\_\_\_\_

Quality \_\_\_\_\_

Notes \_\_\_\_\_

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