**Food for Young Athletes**

**What to eat while you are training.**

Normal healthy eating should be your goal while training.

Always have a balanced breakfast, lunch and dinner, even if you have no training scheduled for that day.

Extra snacks can be included around training to make sure you have plenty of energy to get the most out of a training session.

* **Breakfast:** Wholegrain cereal (eg: Weet-Bix, Sustain, Just Right), Low fat milk, 1 piece fresh fruit, 1 slice wholegrain toast with jam.
* **Lunch:** 1 or 2 sandwiches or bread roll with meat, cheese and tomato and a small tub of yoghurt
* **Dinner:** Lean meat, chicken or fish with serve of potato/sweet potato and at least 3 different vegetables.
* **Super Snacks**
	+ Pikelets
	+ Scones
	+ English muffins
	+ Yoghurt/milk/dairy desserts
	+ Muesli bars/cereal bars
	+ Fresh, canned or dried fruit
	+ Baked beans
	+ Noodles
	+ Spaghetti
	+ Fruit smoothies/milkshakes
	+ Boiled potato
	+ Corn cobs
	+ Breakfast cereal
	+ Bread rolls
	+ Crumpets
	+ Sandwich with vegemite/jam/honey
	+ Cracker biscuits with cheese

**During Training and Competition**

You need to go to training and to events with snacks and meals prepared. Food at venues is not always suitable for swimmers to use around events. Use a small Esky or small cooler bag to keep food fresh.

**Before Training or Event**

Your pre event meal should have been tested prior to any major competition. Some examples that other athletes use:

* Toast with margarine and jam, glass of orange juice, breakfast bar.
* Liquid meal supplement like Sustagen or Up and Go
* Breakfast cereal and milk
* Pancakes with jam/maple syrup and glass of milk
* Fruit salad and low fat yoghurt
* Crumpets or fruit toast with jam/honey

Always include some water!! It is vital for preparation for your event. Most athletes will have a main meal 2-4 hours before an event. Foods that are lower in fibre can help with stomach discomfort, especially if you are nervous. Drink small amount of water before and during meals.

**After Training or event**

As for the pre-event meal, water should be included as an important pat of any post event regimen. A snack should also be included within 30min of completion of training or your event. If you do not feel like eating have a liquid snack.

**In between events**

Practice these ideas during training sessions to see what works best for you.

Less than 30min between races:

*30-60min between events*: Food should be easy to consume and rapidly digested.

* fluid, sports drink, juice, fruit and lollies.

*1-2 hours between events*:

* sandwiches made on white bread with honey/jam, cereal or breakfast or muesli bars

*More than 2 hours between events*: make sure you drink small amounts regularly.

* A similar meal to 1-2 hours but more substantial. Sandwiches, muffins, bread rolls, pasta salad, creamy rice and fruit and pancakes.

**What about lollies and chocolate??????**

Save them for parties and special occasions or lollies event days only- they are not every day foods, even if you are an athlete!

**Fluids**

Start training and comptetions well hydrated.

Having small amounts of fluid regularly and with food will help you stay well hydrated. When training have small sips of fluid in between sets. For long sessions (over 90min) take 2 bottles to training – one with water and one with a flavoured fluid (this can be sports drink/cordial) – drink regularly with a couple of sips from each bottle. Use the plain water last to ensure mouth is fresh.

**Some challenges**

It is important that any issues surround foods are identified. Sometimes we can have problems with particular foods because of the way they look, the way we need to eat it (using particular utensils) or how much of it we eat.

It is necessary to identify these issues over time and work on them patiently. Issues such as these may require the assistance of a doctor, dietitian or suitably qualified health professional.

**High Energy Drink recipies**

*From Gold Medal Nutrition, Glen Cardwell, 4th Ed. 2006*

**Triple G**

250ml skim milk

3 Tbspn skim milk powder

2 tspn milo or other flavour

2 teaspoons of Lecithin

Blend all ingredients until smooth. Nutriton analysis: Kj 1425, Protein 26g, CHO 47g, Fat 7g

**Fruit Surge**

250ml skim milk

1 cup tinned fruit

2 Tbspn skim milk powder

2 teaspoons of Lecithin

Blend all ingredients and serve Nutrition analysis: 1885Kj, Protein 26g, CHO 76g, Fat 5.5g