

Creating healthy bodies and healthy minds, one step at a time

[www.schoolstriathlonchallenge.com](http://www.schoolstriathlonchallenge.com)

## Fuel for a Champion!

# Day to Day Nutrition

In the sports nutrition world “FUEL” is the term for food. This is because the foods we eat and the liquids we drink are our fuel, just like petrol is for a car. This is why it is important to choose the right type of “FUEL” for your body to get the most out of it, not only for the upcoming triathlon, but also in school, hanging out with your mates and for everyday life!



Your growth, development and sporting performance is affected by what you eat.

- Eat too little food or choose too much of the wrong food, then you'll feel tired and will struggle with your sport or chosen activity.
- If you make the right food choices, the healthy athlete will be able to perform better, and for longer!

FOOD GROUP:	RECOMMENDED DAILY SERVE:	SAMPLE SERVE SIZE:	
Breads/Cereals/Pasta/ Rice/Noodles	4-6*	1x Slice of whole grain bread ½ cup of cooked rice/pasta/noodles ½ cup breakfast cereal ( <i>Porridge recipe</i> ) 2x Weetbix	
Vegetables/Legumes	5*	½ medium potato & sweet potato 1 cup of salad ½ cup tinned veg	½ cup cooked/frozen vegetables ½ cup baked beans
Fruit	1-2*	1 medium piece fruit 1 cup canned fruit	2 small fruit Handful of grapes
Milk/Yoghurt/Cheese (Reduced fat)	2-3	1 cup milk 200g yoghurt	2 slices cheese ½ cup custard
Meats/Fish/Eggs/Nuts	1	65-100g meat, chicken 2 eggs Handful of nuts	½ cup legumes 80-100g fish 1 small tin tuna
Extra Foods	1-2	2x plain biscuits 2 small scoops icecream Handful of lollies	Small slice of cake Small packet of potato chips Muesli bar

**Note:** If you are very active, choose from the food groups indicated with an \* as they will provide the extra 'FUEL' that you require!

# Creating healthy bodies and healthy minds, one step at a time

[www.schoolstriathlonchallenge.com](http://www.schoolstriathlonchallenge.com)

## Fuel for a Champion!



### Eating on the run

If you are continually 'on the go' you will require more "FUEL" to burn and you will also need to eat regularly to keep topping up your energy levels. Nourishing foods should provide the bulk of extra energy required. The solution is to have a selection of healthy foods available **fast!**

Below are some simple and quick snack options to have ready in your house, or in your lunchbox:

## SIMPLE & QUICK SNACKS

- Fresh fruits & raw vegetables
- Fat reduced dairy foods (yoghurt/milk/dairy desserts)
- Fruit smoothies/milkshakes
- Cracker biscuits with low fat cheese
- Bread rolls/wraps/crumpets (wholemeal/multigrain are best)
- Pikelets/scones/fruit muffins
- Breakfast cereals
- Fruit and grain/muesli/cereal bars
- Unsalted nuts and dried fruits
- Baked beans/noodles/spaghetti/pasta snacks
- Honey/jam/peanut butter/cheese sandwiches (wholemeal/multigrain bread is best)
- Fruit buns/fruit loaf



### Incorporate this healthy eating into training!

When you are active you need to eat a wide variety of nutritious foods. Make sure you;

- Have breakfast every morning to 'FUEL' your day!
- Include a wide range of veggies at dinner time
- Fat reduced snacks are the best 'FUEL' for you, if you are active!
- Eat to your appetite, which will vary from day to day.
- Take nutritious snacks to school and sporting events.
- Have plenty of fluids available before, during and after sport (refer to Hydration).

**Remember water is BEST!**