



Muscles ...

We all have them, let's look after them!



Eating for strong muscles

Eating for strong muscles is a balance between eating enough food for energy, making sure you include carbohydrates and time your protein throughout the day.

Energy

Your body needs energy to grow, this includes your muscles. Energy comes from the foods you eat. All food gives you energy in the form of kilojoules (kJ). If you don't eat enough food for your body and how much movement you do then you will start to feel weak.

The best way to know you are getting enough food is to eat from the five food groups every day. The five food groups are fruit, vegetables, grains, dairy and meat. If you want more information on the five food groups go to www.eatforhealth.gov.au.

Carbohydrates

Carbohydrates are the best fuel source for your muscles. Think of them like petrol for the car, and your body is the car. It is best to fill your body with fuel before you exercise and then top it back up once you have finished.

Try adding foods like grainy sandwiches, bananas or a bowl of cereal into your before exercise routine. And after you're done exercising have a glass of milk, sushi roll or jacket potato to refuel the muscles.

Other great carbohydrate meals are:

- fruit salad
- spaghetti bolognese
- baked beans on toast
- yoghurt
- pita bread pizzas (see recipe)





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Protein

Protein is the building blocks for your muscles. Your body can only use small amounts of protein at a time so spreading it out through the day is important. Include protein with your breakfast, lunch and dinner meals.

Breakfast protein ideas:

- Milk and yoghurt to your cereal
- Add nuts to your cereal
- Peanut butter on toast
- Sardines on toast
- Scrambled eggs

Lunch protein ideas:

- Sliced turkey in a sandwich
- Baked beans on toast (see recipe)
- Boiled eggs in a salad
- Tin of tuna in a salad roll

Dinner protein ideas:

- Chicken with vegetables
- Tofu in a stir fry (see recipe)
- Beef burgers with the lot (see recipe)
- Baked fish with salad

Always plan your meals ahead of time. This will prevent you from having to resort to less healthy meal options from the takeaway store. And remember fuelling your body to make your muscles strong should be done with daily exercise.

