

Creating healthy bodies
and healthy minds,
one step at a time
www.schoolstriathlonchallenge.com



Hey guys - talk to your parents or teachers about this race day info to fuel your body for an excellent performance!

Race Day Nutrition:

Now you have done all the hard work in preparing for race day, with training, improving your nutritional intake, but all that hard work can be easily undone come race day. Just by making the wrong nutritional choices this can affect your performance, so here are a few tips to make sure that you perform at your peak.

- Do not try anything new on race day or just prior to the race. A big mistake that most athletes make is that they will eat a big, hot breakfast to give them more energy prior to the event. However, if this isn't your normal breakfast, then the chances are that you may get an upset stomach, which will give you discomfort prior and during your event. This will affect your performance. So treat race day like any other morning and have your healthy breakfast.
- Make sure that you are well hydrated prior to the event. You can tell how hydrated you are by the colour of your urine. If it's a dark yellow, then you are dehydrated and you will need to drink up, or if it's a nice clear colour, then you are well hydrated and are ready to race. If you are frequenting the toilet, then you may have drunk too much fluid, so ease up a little. There are some more tips here on hydration, but remember water is best!
- Make sure that you take your favourite snacks to the event to eat and give you energy for your event. Relying on what local shops and stores provide are usually not the best choices and if they are not your normal foods, stomach issues may occur.
- Remember to have fun! That is the most important aspect for the day. Encourage others and use this opportunity to make some new friends on the way!

Coping with carnivals:

Junior athletes competing at sports carnivals are often very excited and 'busy' which leaves little time to think about eating and drinking. Parents and coaches need to be responsible for monitoring and encouraging a sensible intake of food and fluids at these times. Here are some tips for sports carnivals:

- Take a cooler of food and fluids to give the junior athlete their best chance to eat and drink well. Don't rely on the local canteen for all supplies.
- Include two water bottles per person, one each for water and a flavoured fluid (e.g. sports drink). Encourage children to drink regularly from their drink bottle (if time permits, one to two mouthfuls every 15 minutes) during any breaks in play. Take a large container of cooled water for 'top ups'. If using a flavoured fluid always encourage some water to follow to rinse their mouth. Never allow them to rinse their mouth guard with flavoured fluid!
- If it is hot, include frozen juice poppers as well as foods that don't require refrigeration, such as food bars and packaged foods. Plastic tubs are easiest to manage.
- If there is less than one hour before or between events, priority is given to eating carbohydrate-rich fluids to

boost energy levels as well as water. A small quantity of jelly confectionery for quick energy boosts may also be helpful.

- If there are one to two hours between events, children should have fluids and a light snack. Some good examples include a cereal bar, fruit bar, fresh fruit, sandwich, and/or fat-reduced dairy products.
- If there is longer than two hours between events, offer sandwiches, bread rolls, muffins, baked beans, spaghetti, noodles, pasta salad, cereal and milk, creamy rice and fruit, or pancakes.
- Filled sandwiches, rolls or pita pockets can include lean ham, meat, egg, canned fish, salad or a variety of spreads. Keep them cool to keep them 'safe'. If nerves are a problem try a liquid meal like a smoothie instead of solid foods.
- If the break is longer than three hours then use this time to consume a larger meal.
- Always remember to keep up the fluids during longer breaks in activity as dehydration continues without activity especially in hot, humid environments.

Don't forget to also slap on some sunscreen and take shelter under some shade protection!

Hydration:

SOME HYDRATION TIPS:

- Ensure you start exercise hydrated by drink plenty of fluids prior to exercise - especially during the school day if training or playing sport after school.
- Always head to school with a water bottle to remind yourself to drink continuously during the day.
- When you are well hydrated you should be able to pass a good volume of clear urine regularly during the day.
- During exercise, make sure you take advantage of all breaks in play to drink up to rehydrate.
- It is encouraged to start taking fluids early during activity. Don't wait until you are thirsty to start drinking.
- After exercise, you should drink liberally to ensure full rehydration occurs. Water is the best choice for rehydration!!!

School Lunch Box Ideas

Children need to eat a variety of foods everyday to stay healthy, so it is important to pack their lunch box with foods that are good for them and taste great too. As a child it is always a good idea to be involved in preparing your lunchbox for school, as you are more inclined to consume the foods which you help make and choose!

A LUNCHBOX SHOULD ALWAYS INCLUDE:

- At least 2 pieces of fruit (fresh, dried or tinned)
- At least 1 serve of dairy food such as yoghurt, milk or cheese
- At least 3-4 serves carbohydrate-rich foods such as bread, crispbread, grain and fruit based bars, pasta, etc.

Here are some healthy lunch, snack and drink ideas to fill your lunch boxes.

LUNCH BOX LUNCHES:

- English breakfast muffins with tomato and cheese
- Pita bread with peanut butter, grated carrot and cheese
- Corn or rice cakes with peanut butter or vegemite
- Cold pasta spirals mixed with salad vegetables and lean ham
- Mini pizza with cheese and pineapple (plus various toppings)
- Sandwiches with various fillings such as:
 - o Vegemite and cheese
 - o Lettuce, grated carrot and cheese
 - o Peanut butter
 - o Tuna/chicken/ham with mayonnaise
 - o Avocado or cream cheese and salad

HINT!

cut sandwiches into different shapes for younger children and vary the bread from day to day, eg. white, wholemeal, rye, multigrain.

LUNCH BOX SNACKS:

- Fresh, dried or tinned fruit or fruit salad – bananas, apples, pears, mandarins, nectarines, grapes, sultanas, dried apples or apricots
- Uncle Tobys grain and fruit based bars
- Grissini sticks (thin Italian breadsticks) with cheese dip
- Crackers with spread
- Plain popcorn
- Fruit muffins or fruit loaf
- Cheese sticks
- Yoghurt
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HINT!

Freeze yoghurt overnight to prevent bacterial growth

- Carrot and celery sticks with cheese dip
- Sultana and peanut mix or mixed nuts
- Small can of baked beans or spaghetti
- Creamed rice with fruit
- Hardboiled egg
- Pikelets or scones

LUNCH BOX DRINKS:

- Water (is best)
- Flavoured or plain milk (Longlife)
- 100% Fruit juices or vegetable juices

HINT!

frozen water or tetra packs can be used as a freezer brick to keep foods cold such as yoghurt and meat.

Continue the Healthy Eating:

Once you have completed the school kid's triathlon, it is important to continue on with your healthy eating and food choices. If you enjoy sport, then its time to think about a new goal or sporting event to tackle, such as school athletics carnivals, and other sports played during the summer, such as swimming, cricket, softball, soccer, touch footy and summer rosters for netball, basketball etc.

8 Good Foods That All Junior Athletes Should Eat!

FRUIT - universally liked, sweet, enjoyable, and a good substitute for children who do not like vegetables. Fruit it is nutritious and refreshing, and remember – whole fruit contains more fibre than fruit juice. Think about bananas – they are scrumptious in smoothies.

YOGHURT - smooth and pleasant, and an excellent food for children. A good source of dairy for those unable to digest milk or those with lactose intolerance, yoghurt adds friendly bacteria to the gut. But remember to choose the 'low fat' varieties!

BREAD - our first convenience food - soft, chewy and satisfying. You can do million things with the humble loaf - from toast to sandwiches, and jaffles to pudding. Bread is a quick food for kids who can't sit still for long. Remember though that wholegrain is best and packed with fibre to sustain you for longer!

BREAKFAST CEREALS - convenient, nutritious, and mostly low in fat (except for toasted types). They make a good snack, and are a food that children can prepare for themselves. The enormous variety of cereals available caters for all dietary needs, but make sure you choose low-sugar varieties (you can always sweeten with fresh fruit if need be). Importantly, eating cereal also encourages milk consumption.

LEAN MINCE - a great, easy way to get kids to eat meat – the best source of iron. Mince can be turned into kid-friendly meals like the ever popular Spaghetti Bolognese, savoury mince, meatballs, hamburgers, meatloaf, and rissoles. Mince is both inexpensive and versatile, and can be kept frozen flat in 500g or 1kg packs so that you always have some on hand.

PASTA - a fabulous source of carbohydrates and energy, that is also relatively cheap. Most parents say 'thank goodness for macaroni, spaghetti and noodles' – they are soft and easy for kids to eat, and can be served with endless variations of toppings.

EGGS - always in the fridge, a quick meal when there is nothing else in the house to eat. Eggs are underrated with regard to their nutritional content due to cholesterol scares. However, eggs are popular with children and are a great standby for busy parents.

BAKED BEANS - quick, handy and good to eat. One of the highest fibre foods, baked beans on toast is an excellent meal for kids. Make sure that you always have a can in the cupboard!

**HAVE FUN &
PLAY HARD!**