John is 16 years old. He plays several sports and is a key player in his school team. He trains for one hour one day a week, which trains for one hour one day a week. The team plays one to two matches monthly. This is an example of what John needs to eat and drink each day, based on his weight and activity.

**SAMPLE MEAL PLAN 1**

**BREAKFAST (7.30 – 8.30am)**
- Glass of fruit juice
- Large bowl of breakfast cereal with low-fat milk
- Two portions of fruit

**PRE – TRAINING SNACK (3pm)**
- Sandwiches made with low-fat spread and jam, marmalade or honey
- Glass of fruit juice

**MID MORNING SNACK (11am)**
- Minced meat, cheese or echo salad
- A bowl of breakfast cereal with low-fat milk
- Two or three slices of water or fruit smoothie

**LUNCH (12.30 – 1.30pm)**
- A large bowl of rice or pasta with vegetables
- A small bowl of fruit
- A bowl of soup

**TOG OUT / PRE-HYDRATE (3.30 – 3.45pm)**
- A fruit drink or mini cheese pie
- A glass of low-fat milk

**TRAINING SESSION (3.45pm – 4.45pm)**
- High intake of carbohydrates using rice and pasta or fruit smoothie
- A bowl of fruit
- Various fluids or water
- High intake of carbohydrates using rice and pasta or fruit smoothie

**DINNER (6.30 - 7pm)**
- Beef, veg, vegetable choice with large serving of fruit smoothie or small bowl of cereals
- Mince or minced meat
- A small bowl of fruit

**SUPPER (9-10pm)**
- Beef, veg, vegetable choice with large serving of fruit and vegetables
- A bowl of rice or pasta

**RECOVERY/RE-HYDRATE POST TRAINING (5 – 5.30pm)**
- A fruit smoothie
- Milk or blended squash or fruit smoothie
- A small bowl of fruit
- A glass of low-fat milk

**SNACKS (3pm)**
- Minced meat, cheese or echo salad
- A bowl of breakfast cereal with low-fat milk
- Two or three slices of water or fruit smoothie

**RECOVERY/RE-HYDRATE (3pm)**
- High intake of carbohydrates using rice and pasta or fruit smoothie
- A bowl of fruit
- Various fluids or water
- High intake of carbohydrates using rice and pasta or fruit smoothie

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In safe food handling is key!
FOOD FOR SPORT

WHAT AND WHEN SHOULD I EAT AND DRINK?

The sample meal plans on the next page will give you some ideas. Other teams like John who often take part in high-intensity training need large portions sizes and more carbohydrate foods throughout the day. Younger teams like Claire who play sport twice often take part in less energetic sports will not need to eat or drink as much every day.

TOP TIPS FOR YOUR DAILY MEAL PLAN!

- Avoid drinking too much coffee or tea during the day.
- High fibre cereals are better for you and drink plenty of fluids.
- Glass of fruit juice or yoghurt or a piece of fruit!

KIND OF SPORTS

Dangerous: Queens Park FC and Haringey Borough FC. She has 12 physical training sessions and one competitive match monthly. She also has a member of the local tennis club and plays sports there during the weekend. This is an example of what Claire needs to eat and drink each day, based on her weight and activity.

SAMPLE MEAL PLAN 2

Claire is 14 years old and plays several sports including basketball and tennis. She is a member of the school basketball team which trains for one hour one day a week, after school. The team plays one to two competitive matches monthly. In her left hand she has a member of the local tennis club and plays sports there during the weekend. This is an example of what Claire needs to eat and drink each day, based on her weight and activity.

FOOD FOR SPORT

As a teenage athlete, your active lifestyle and growing body needs you have special nutritional needs.

You need to start with the basics of a healthy and varied diet. There are no quick fixes – supplements, in particular, are not recommended for teenagers.

This booklet is packed with information about what to eat and drink to perform at your best sport, stay healthy and feel great.

GET THE MOST FROM YOUR BODY

• Never skip meals – especially breakfast.
• Make sure you enjoy your meals and snacks.

KNOW YOUR BODY!

When you went shopping. On your way, your weight, sport and training is related to your body size. Girls wind time spent. Also, why not stick to protein rich foods?

WHAT TO EAT AND DRINK

• Full of protein – more than 10% of your diet should be protein. A variety of protein is needed in your diet. If you want more ideas, see page 9 for more ideas.
• Drinking yoghurt or a piece of fruit!

Plan Ahead!

- Breakfast (7.30 - 8.30am)
  - One piece of wholemeal bread or toast with jam or marmalade
  - Glass of low-fat milk or fruit juice
  - Bowl of cereals, pasta, rice, noodles, pasta, rice or rice

Plan Ahead!

- Lunch (12.30 – 1.30pm)
  - One piece of wholemeal bread or toast with jam or marmalade
  - Glass of low-fat milk or fruit juice
  - Bowl of cereals, pasta, rice, noodles, pasta, rice or rice

Plan Ahead!

- Dinner (6.30 – 7pm)
  - Bowl of sweet potato or sweet potato and vegetable
  - Glass of low-fat milk or fruit juice
  - Bowl of cereals, pasta, rice, noodles, pasta, rice or rice

Plan Ahead!

- After School Snack (3.45pm – 4.45pm)
  - Cereal bar or piece of fruit or a bowl of fruit smoothie or yoghurt
  - Glass of low-fat milk or fruit juice

Plan Ahead!

- Supper (9-10pm)
  - Cereal bar or piece of fruit or a bowl of fruit smoothie or yoghurt
  - Glass of low-fat milk or fruit juice

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- Breakfast (7.30 - 8.30am)
  - One piece of wholemeal bread or toast with jam or marmalade
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- Supper (9-10pm)
  - Cereal bar or piece of fruit or a bowl of fruit smoothie or yoghurt
  - Glass of low-fat milk or fruit juice

Plan Ahead!
EAT WELL...KEEP HYDRATED...PLAN AHEAD

GET THE BASICS RIGHT

Eating the right foods, and enough of them, will help you perform to the best of your ability. Read on to find out what your body needs to keep going.
EAT WELL!

FUELS FOR EXERCISE
CARBOHYDRATES

Carbohydrate (carbs) and fat are the two main fuels for exercising muscles. Protein is needed for muscle growth and repair.

You need to eat more than half of your calories as carbohydrate everyday – so include carbs at every meal and most snack times. Your body only stores a small amount of carbohydrate so you need to keep your stores topped up.

HOW TO EAT MORE CARBS

The more sport you do, particularly high intensity sport, the more carbs you will need to eat.

POTATOES, RICE AND PASTA
• Eat larger portions with your main meal – *half your plate should be filled with these foods.*
• Add these to soups.
• Eat these with stews, curries and tomato-based sauces.
• Mix these with beans, peas, sweetcorn and raisins to make tasty salads.

BREAD AND PIZZA
• Use thicker slices of bread or try a triple-decker sandwich!
• Choose thick-based pizzas instead of thin.

BREAKFAST AND SNACKS
• Add chopped fresh or dried fruit to breakfast cereals or yoghurts.
• Make your own ‘high carb’ smoothie with fresh or tinned fruit and yoghurt.
• Have breakfast cereal at other times of the day.
• Cereal bars and fruit or fruit juice* can help fill gaps between meals.

*TOP TIPS FOR HEALTHY TEETH!

Eating sugary carbohydrate foods and drinks make your teeth more at risk from decay. Many sports drinks are also acidic and can attack your tooth enamel. So make sure to brush and floss your teeth regularly. Use a straw when drinking sugary or isotonic drinks. Rinse your mouth with water after a snack or meal.
Choosing the right types of carbohydrates is important. Here are more tips.

### STARCHY CARBS

**Eat more of these foods**

*Try to base every meal around a large portion from this group.*

- High-fibre breakfast cereals such as porridge
- Breads – *all types*
- Potatoes, pasta, rice, couscous, noodles
- Juices and smoothies made from fruit or vegetables
- Pizza bases, pitta bread and tortilla wraps
- Crackers, crisp breads
- Cereal bars or popcorn
- Fruit – *fresh, dried, stewed or tinned*
- Vegetables – *especially sweet potato, root vegetables (for example carrots or turnips), sweetcorn, beans (for example kidney or butter beans), peas and lentils*

### SUGARY CARBS

**Choose these foods less often**

*Remember to take care of your teeth!*

- Sugar-coated breakfast cereals
- Boiled sweets, jellies
- Fizzy drinks, fruit squash
- Sweetened fruit juices
- Yoghurt
- Cakes – *for example jam sponge, biscuits, muffins*
- Jam, honey, marmalade
- Sweet desserts - *for example meringues, ice cream, jelly*
- Sports energy drinks

Most teen athletes won’t need sports gels and energy bars. If you want to use these, only do so under the supervision of your dietitian or coach.
EAT WELL!

FUELS FOR EXERCISE

FAT

Everyone needs a certain amount of fat each day to stay healthy.

THE RIGHT TYPE AND THE RIGHT AMOUNT

When you think of fat it’s important to think of the right type and the right amount. Healthy fats are found in foods such as vegetable oils, oily fish (for example salmon, sardines, mackerel), nuts or avocados. Foods containing less-healthy fats include crisps, pastries and fried foods - limit how much of these you eat.

THE HEALTHY OPTION

- Grill, boil, steam, braise, stir-fry or microwave your food.
- Trim all visible fat from meat and skim fat from the top of stews and casseroles.
- Try including lean red meat, chicken, turkey and fish in your diet instead of processed meat e.g. processed ham, sausages, hotdogs.
- Use low-fat monounsaturated or polyunsaturated spreads, e.g. spreads made from sunflower oil.
- Use mayonnaise and high-fat spreads sparingly.
- Choose low-fat or vinegar-based dressings, mustard or chutney on sandwiches.
- Choose yoghurt or fromage frais instead of cream.
- Try frozen yoghurt as dessert alternatives.
- Choose low-fat milk and yoghurt and choose cheeses such as 'light' cheddar, edam, gouda, feta, camembert, cottage or low-fat cheese spread.
- Have baked, boiled or mashed potatoes instead of chips.
- Choose healthier snacks between meals such as fruit and starchy foods.
- Choose boiled rice more often than fried.
- Order pizza with less cheese on top.
- Remember, it’s OK to have some treats, just avoid eating these foods too often.

FAST FACT!

If your diet is too low in fat it may be difficult to provide your body with enough energy for your sport. If there is too much fat in your diet, you could become overweight.
Your body needs protein for growth, maintenance and tissue repair. Most people get plenty of protein through a varied and balanced diet.

**EXCELLENT PROTEIN FOODS INCLUDE**

- Lean red meat
- Soya and tofu
- Chicken, turkey
- Nuts
- Fish
- Pulses
- Eggs
- Yoghurt
- Low fat milk
- Cheese

If you are vegetarian or vegan make sure your diet includes some good vegetarian or vegan sources of protein from the above list.

**WARNING!**

Protein powders and protein shakes are not recommended for teenage athletes. It’s not true that you need huge amounts of protein to ‘bulk up’. You will get plenty of protein by including the foods listed here in your diet.
As a teenager you’re still growing and this means you need more iron than you used to. Teenage girls also need to replace the iron their body loses during their periods.

Aim to eat lean red meat two to three times a week – it’s the best source of iron you can get! If you are vegetarian, you need to pay particular attention to your iron levels.

**GOOD SOURCES OF IRON**

**BEST SOURCES**
- Lean red meat (beef, lamb, pork, bacon)
- Chicken, turkey
- Fish (especially mackerel, haddock, sardines).

**OTHER SOURCES**
- Fortified breakfast cereals (those with added vitamins and minerals)
- Eggs
- Pulses (peas, beans, lentils, chickpeas)
- Dried fruit (apricots, raisins, figs)
- Dark green vegetables (spinach, broccoli).

**VITAMINS AND MINERALS**

**IRON**

A varied and balanced diet, which includes at least five portions of fruit and vegetables each day, should provide more than enough vitamins and minerals.

Vitamin C helps your body absorb iron from foods. Include fruits and vegetables that are rich in this vitamin with your meals, such as one glass of unsweetened fruit juice or vegetables.

**FAST FACT!**

Tannins in tea reduce the amount of iron your body absorbs from food, so avoid drinking tea before, during or after main meals.
As a growing teenager you need more calcium than an adult. It’s important to get enough calcium from your food to make sure you have strong, healthy bones as an adult. You also need calcium to keep your heart and nerves working properly. Make sure you eat five portions of calcium-rich foods every day.

**GOOD SOURCES OF CALCIUM**

**DAIRY**
- Low-fat milk and foods containing low-fat milk such as custard, low-fat milk puddings, sauces
- Yoghurt
- All types of cheese (if you eat a lot of cheese, choose low-fat versions).

**NON-DAIRY**
- Calcium-enriched soya milk and soya products
- Tinned fish (with bones, for example sardines)
- Green leafy vegetables
- Nuts
- Calcium-enriched fruit juice.

**1 PORTION COULD BE:**
- One glass or mini carton of low-fat milk (200ml)
- A yoghurt (125ml)
- 28g cheddar type cheese (about the size of a matchbox)
- Two processed cheese slices
- 40g tofu
- One glass calcium-enriched soya milk, or
- 30g sardines (bones included).

Small amounts of calcium are also found in eggs, bread, fortified cereals (those with added vitamins and minerals), baked beans and vegetables. Include these foods in your diet but have foods that are richer sources too!

**FAST FACT!**

Vitamin D helps you absorb calcium from your foods and is very important in building healthy bones. Food sources that are high in vitamin D include oily fish and fortified low-fat milks and spreads. Getting out in the sunshine will also help your body make more Vitamin D.
**KEEP HYDRATED!**

**FLUIDS**

**KEEP YOUR COOL**

It is important to drink plenty of fluids before, during and after playing sport. Don’t wait until you feel thirsty because thirst is a sign that your body has needed fluids for a while.

If a training session or competition lasts for 50 minutes or longer, consider having an isotonic sports drink to replace fluids.

**WHAT SHOULD I DRINK DURING EXERCISE AND WHEN?**

<table>
<thead>
<tr>
<th>WHEN</th>
<th>BEFORE EXERCISE</th>
<th>DURING EXERCISE</th>
<th>AFTER EXERCISE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DRINK</strong></td>
<td>Approx 30 minutes before exercise</td>
<td>Every 15 to 20 minutes</td>
<td>Soon after and for the next couple of hours as needed</td>
</tr>
<tr>
<td><strong>WHAT</strong></td>
<td>Aim: 200 to 400ml</td>
<td>Aim: 150 to 200ml</td>
<td>Aim: 500 to 1000ml</td>
</tr>
</tbody>
</table>

*Water, diluted squash, isotonic sports drink*  

Aim: 500 to 1000ml

(*depending on sport, age or advice of a dietitian)

---

**FAST FLUID FACT!**

- Water is the best choice of fluid
- Low-fat milk is effective in replacing lost fluids
- Isotonic sports drinks can be good for during and after long intense periods of sport but you should not drink these every day
- Fruit juices, low-fat milk, soups and smoothies are good sources of fluids and provide nutrients too.
**How much fluid do I need?**

Drink plenty of fluid throughout the day to make sure that you are properly hydrated (your body has all the fluids it needs) when you start to exercise. Why not keep a water bottle on-hand in the classroom to make sure that you are regularly topping up on fluids?

Checking your urine colour is a simple way to see if you are drinking enough fluids – your urine should be a pale yellow colour. If it’s darker than number three on the Pee Chart you need to drink more.

**Pee Chart**

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your target is to make sure that your pee is the same colour as numbers 1, 2 and 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration.

**Save money and make your own isotonic drinks**

**Recipe 1**

- 500ml fruit juice
- 500ml water
- 1g salt (pinch)

**Recipe 2**

- 200ml fruit squash or cordial
- 800ml water
- 1g salt (pinch)

For the above recipes, use previously boiled and cooled water and mix all of the ingredients together until they have dissolved.

**Fast Fact!**

Isotonic sports drinks contain added sugar. Limit consumption of these drinks to hard training sessions and competition.

SPORTS SUPPLEMENTS
A QUICK-FIX TO BETTER PERFORMANCE OR A WASTE OF MONEY?

WHAT ARE THEY?
Sports supplements come in many forms - drinks, protein powders and bars, liquid meal replacements, creatine, caffeine, herbal preparations, and more.

DO YOU NEED THEM?
No. They won’t make you faster, stronger, or more skilled.

ARE THEY SAFE?
Sports supplements have not been tested on teenagers or children, so there is no evidence to show they are safe for a growing body.

The following supplements are not recommended for anyone under 18 years of age:

• Protein powders
• Creatine
• Caffeine tablets
• Individual amino acids
• Bicarbonate buffers
• Herbal preparations
• Fat burners
• And many more

Sports supplements could contain ingredients that are not listed on the label, so there’s a risk some could lead to a positive doping test. The supplement industry is not regulated so check with your dietitian or doctor before taking any form of sports supplement.

Athletes often use multi-vitamin, iron or calcium supplements. If you include lots of different types of food in your diet, you shouldn’t need to do this.

WHAT IMPROVES YOUR PERFORMANCE?
• Eating enough to meet your growth and energy needs.
• Drinking enough to replace lost fluids and stay well hydrated.
• Individual talent and improving your sporting skills.
• Planning your training and recovering properly.
PUTTING IT ALL INTO PRACTICE

GET THE BASICS RIGHT!

• Start with a balanced diet – include food from all food groups.
• Be organised – take suitable snacks and fluids to training sessions.
• Eat the right foods that suit you best before training (see page 13 for ideas).
• Top up your energy levels after training with ‘recovery’ snacks (see page 13).
• Restore your energy levels at the end of the day - have a good evening meal and supper.
• Replace fluids as you need them – don’t wait until you feel thirsty.

KIT-BAG CHECKLIST

• Water or isotonic sports drink – shop bought or home-made
• Low-fat milk, low-fat ready-to-drink shakes or milk powders made up with water
• Fruit juice, diluted fruit squash
• Bread or roll with jam or honey
• Dried or fresh fruit – bananas, mandarins, apples, raisins, dried apricots
• Breakfast or cereal bar
• Jellies, pastilles, marshmallows.

FOOD ALERT!

For two to three hours before training avoid snacks and meals that are high in fat such as fried foods, chips and crisps. These take longer to digest and you may feel unwell when you exercise.
PLAN AHEAD!

WHAT SHOULD I EAT BEFORE EXERCISE?

To ensure your energy levels are at their best when you exercise, eat a meal or snack that is high in carbohydrates two to three hours before you exercise.

SOME EXAMPLES OF SUITABLE LIGHT MEALS AND SNACKS

- Porridge with low-fat milk, honey and fruit
- Breakfast cereal with low-fat milk and fruit juice
- Toast with low-fat spread and jam, honey or syrup
- Yoghurt drink and a scone with low-fat spread
- Pasta with tomato-based sauce
- Baked potato with tinned spaghetti or ratatouille
- Vegetable soup and a bread roll
- Sandwich with lean meat or turkey and salad
- Pitta bread filled with chopped banana and honey
- Low-fat creamed rice with dried fruit
- Low-fat yoghurt and fruit
- Smoothie made with low-fat milk, yoghurt and banana, mango or berries.

WHAT SHOULD I EAT AFTER EXERCISE?

The best way to restore your energy levels is to eat a snack that is high in carbohydrates, and contains a small amount of protein. Here are some examples:

- Ham, tuna or turkey sandwich with an isotonic sports drink or water
- Flavoured low-fat milk with a banana
- Yoghurt drink with a cereal bar
- Fruit smoothie with bagel, crumpet or pancake with jam
- Pot of low-fat yoghurt, a banana and a fig roll
- Cereal bar and flavoured low-fat milk.
As a teenager, your active lifestyle and growing body means you have special nutritional needs.

You need to start with the basics of a healthy and varied diet. There are no quick fixes – supplements, in particular, are not recommended for teenagers.

This booklet is packed with information about what to eat and drink for peak performance at your best sport, stay healthy and feel good.

**WHAT AND WHEN SHOULD I EAT AND DRINK?**

The sample meal plans on the next page will give you some ideas. Older teens like John who often take part in high-intensity sports need larger portions sizes and more carbohydrates throughout the day. Teenagers need more fun, Claire who play sport less often, take part in less energetic sports, are not need to eat or drink as much every day.

**TOP TIPS FOR YOUR DAILY MEAL PLAN!**

- Avoid drinking too much coffee or tea during the day.
- High-fibre foods are better for you.
- Make sure you’ve had a good lunch and are well hydrated before sport.
- Make sure you have a nutritious snack, especially on training days.
- Remember to have a nutritious bedtime snack.
- Avoid eating anything for 30 minutes before sport.

**WHAT YOU NEED TO EAT TO GET THE MOST FROM YOUR BODY**

- Never skip meals – especially breakfast.
- Eat plenty of fruits and vegetables each day.
- Include good sources of iron and calcium throughout the day.
- Make sure you enjoy your meals and snacks.

**GET THE MOST FROM YOUR BODY**

- Avoid eating anything for 30 minutes before sport.
- Make sure you get enough sleep for good recovery.

**FIND OUT WHAT YOUR BODY NEEDS**

- Know your body's limits when training.
- Drink plenty of fluids.
- Avoid eating anything for 30 minutes before sport.
- Make sure you have a nutritious snack.
- Remember to have a nutritious bedtime snack.
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**FROM YOUR BODY**

- Get the most from your body.
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**Plan Ahead!**

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**Sample Meal Plan 2**

- Claire is 14 years old and plays several sports including basketball and tennis. She is a member of the school basketball team which trains for one hour every day during the week. After school, the team plays one to two competitive matches per month. Claire is also a member of the local tennis club and plays sports there during the weekend. This is an example of what Claire needs to eat and drink each day, based on her weight and activity.

**Sample Meal Plan 2**

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<td>Breakfast</td>
<td>Honey till 1 glass of low-fat milk with 1 piece of fruit or 1 cup of low-fat fruit yoghurt</td>
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<td>1.30pm</td>
<td>Lunch</td>
<td>1 sandwich (crisp or fresh bread) with cold cuts, cheese or egg salad</td>
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example of what John needs to eat and drink competition matches monthly. This is an
which trains for one hour one day a week,
days include 20 minutes warm up and 30
session lasts about one hour and match
plays a match most Sundays. Each training
after school and on Saturdays, and also
each day, based on his weight and activity.
also a member of the school volleyball team
which trains for one hour a week a day after school. The team plays one to two
minutes per half (60 minutes match). He is
is 16 years old. He plays several sports
SAMPLE MEAL PLAN 1

BREAKFAST (7.30 – 8.30am)
• Glass of fruit juice
• Low-fat Greek yogurt, fruit
• Muesli or unflavoured smoothie, flaxseed and jam, marmalade or honey

MID MORNING SNACK (11am)
• Sandwiches made with
• Water
• Fruits or yogurt

LUNCH (12.30 – 1.30pm)
• Glass of fruit juice
• Sandwiches made with
• Water
• Fruits

TRAINING SESSION (3.45pm – 4.45pm)
• Glass of fruit juice
• Sandwiches made with
• Water
• Fruits

DINNER (6.30 - 7pm)
• Veg salad
• Bowl of pasta with custard
• Yogurt 500ml

RECOVERY/RE-HYDRATE POST TRAINING
• Water
• Bowl of cereal with low-fat milk
• Glass of fruit juice
• Unflavoured smoothie, fruit

SUPPER (9-10pm)
• Vegetable crumble
• Fruit or pie

This booklet provides general advice for
students who are involved in sports
for more specific advice, contact a sports
dietitian.

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safe food is the all-island authority responsible for providing the public with information, advice and practical steps on food hygiene, for more information, please visit www.safefood.ie.

www.safefood.eu
HELP LINE: 0800 065 1483
ROI: 1850 40 45 67

Sample meal plan

**FUEL YOUR BODY FOR THE TEENAGE SPORTS PERSON**

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FOOD FOR SPORT

WHAT AND WHEN SHOULD I EAT AND DRINK?

The sample meal plans on the next page will give you some ideas. Older teens like John who often take part in high energy sports will need larger portions sizes and more carbohydrates throughout the day. Younger teens like Claire who play sport less often will often take part in less energy sports and will need to eat and drink as much every day.

GET THE MOST FROM YOUR BODY

- Never skip meals - especially breakfast.
- Plenty of fluids.
- Eat good sources of protein every day.
- Eat lots of carbohydrote foods throughout the day.
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KNOW YOUR BODY!

What you need depends on your age, weight, sex, and training load. In total you won’t need fewer vitamins. Also you won’t eat more sports drinks.

TOP TIPS FOR YOUR DAILY MEAL PLAN!

- Avoid drinking too much coffee or tea during the day.
- High-fibre cereals are better for you than white bread.
- Make sure you’ve had a good lunch and are well hydrated before sport.
- Make sure you haven’t eaten too much before exercise.
- Have some soup and bread before your main meal or between meals.
- Avoid eating anything for 30 minutes before exercise.
- Eat meat or beans with a glass of low-fat milk.

MORNING WORKING/RECESS (7am - 8.30am)

- Breakfast (7.30 - 8.30am)
- One piece of fruit
- Glass of low-fat milk with cereal and jam, marmalade, honey
- Toast with sandwich spread
- Glass of fruit juice

AFTER SCHOOL MEAL (3pm - 5pm)

- One portion of fruit
- Glass of fruit juice
- Glass of low-fat milk with sandwich spread
- Glass of low-fat milk with cereal and jam, marmalade, honey

FREE AFTERNOON (5pm - 6pm)

- One glass of low-fat milk with cereal and jam, marmalade, honey
- One portion of fruit

Sample meal plan 2

Claire is 15 years old and plays several sports including basketball and tennis. She is a member of the school basketball team which trains for one hour every day at week, after school. The team plays one to two competitive matches per month. In her diet is also a member of the local tennis club and plays sports there during the weekend. This is an example of what Claire needs to eat and drink each day.

BREAKFAST (7am - 8.30am)

- Breakfast (7.30 - 8.30am)
- One piece of fruit
- Glass of low-fat milk with cereal and jam, marmalade, honey
- Toast with sandwich spread
- Glass of fruit juice

FREE AFTERNOON (5pm - 6pm)

- One glass of low-fat milk with sandwich spread
- Glass of low-fat milk with cereal and jam, marmalade, honey
Sample meal plan 1

John is 16 years old. He plays several sports and goes to the gym to add to his school fitness. On Monday, he trains two evenings a week and on Saturdays, he plays a match most Sundays. Each training session lasts about one hour and match days include 20 minutes warm up and 30 minutes per half (60 minutes match). He is a member of the school swimming team which trains for one hour every second week. He makes sure to recover after school and on Saturdays, and also after training. Based on his weight and activity, John needs to eat and drink:

### FUEL YOUR BODY

**Breakfast** (7.30 - 8.30am)
- Wholemeal porridge with low-fat milk
- Sandwiches made with wholemeal bread, ham, cheese or eggs
- Fruit, smoothie, fruit juice or dilute fruit squash

**Pre-training snack** (3pm)
- Glass of fruit juice or fruit smoothie, flaxseeds
- Tea or fruit crumble with low-fat milk
- Tea or dilute squash in drink

**Mid morning snack** (11am)
- Chocolate mini cheese pie
- Tea or mini cheese pie

**Training session** (3.45pm – 4.45pm)
- Glass of low-fat milk or banana smoothie with oat bran
- Tea or fruit smoothie, or dilute fruit squash
- Tea or fruit crumble with low-fat milk or banana
- Tea or fruit smoothie, or dilute fruit squash

**Recovery/re-hydrate post training** (5 – 5.30pm)
- Glass of fruit juice or fruit banana smoothie
- Tea or mini cheese pie
- Tea or fruit smoothie, or dilute fruit squash
- Tea or fruit crumble with low-fat milk
- Tea or fruit smoothie, or dilute fruit squash

**Supper** (9-10pm)
- Wholemeal bread with low-fat milk and banana
- Wholemeal porridge with low-fat milk
- Wholemeal bread with low-fat milk
- Tea or fruit smoothie, or dilute fruit squash

**TIPS:**
- Inappropriate foods to include
- Inappropriate foods to include
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This booklet provides general advice for teens who are involved in sports. For more specific advice, contact a sports dietitian.

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