

Greatly Nurtured Development Food Guide

Importance of eating healthy:

- Provides energy to keep active
- Provides nutrients for growth and muscle repair
- Helps to prevent illness
- Helps to maintain a healthy weight

POOR EATING = POOR PERFORMANCE

	<u>BEFORE GAME MEAL SUGGESTIONS</u>	<u>AFTER GAME MEAL SUGGESTIONS</u>
MEAT	Grilled Chicken, Fish	Chicken, Fish, Turkey, Lamb
DRY FOODS	Pasta, Toast, Bread, Eggs	Rice, Mashed Potato, Grilled Chicken, Pizza
FRUIT	Selection of Fruit/Fruit Salad	Selection of Fruit/Fruit Salad, Frozen Yogurt
DRINKS	Water, Sports drinks, Pure Juices	Water, Sports drinks, Juices, Smoothies
OTHER	Cereal	Vegetables, Salad, Pretzels, Crackers, Sports Bars

The table below is a general YES/NO guide on what to eat and what not to eat before, during or after games. The NO options should be seen as rare treats:

	<u>NO – (Old Option) ☹️</u>	<u>YES – (New Option) 😊</u>
MEAT	Fried Chicken	Grilled Chicken
DRY FOODS	Doughnuts, Chips	Ryvita Biscuits, Pita, Mashed Potatoes/Potatoes
DRINKS	Fizzy Drinks	Water, Sports drinks, Juices, Smoothies
OTHER	Ice Cream, Sweets, Cakes, Muffins, Crisps, Cookies	Frozen Yoghurt, Fruit Bars

Tips for Healthy Eating, Weight Loss and a Balanced Diet:

- Eat more fruits and vegetables
- Less fast food
- Drink more water
- No or less fizzy drinks, sweets, sugar
- No fried foods
- Do not skip meals, but do eat smaller portions in size
- Eat a balanced amount of salad, vegetables, potatoes, meat and fruits
- Put snacks into a bowl instead of sitting down with the whole bag

Make sure you:

- Do not miss breakfast
- Do drink plenty of water
- Do eat small amounts regularly
- Do not eat too much meat without balancing it with other foods

Recommendation and disclaimer: The information above is a suggestion for a general food guide. This guide should not be used as the only eating guide - other guides are available. Liability falls on the person who is eating. Always seek professional advice before engaging in any guides.

