

# Fuel for CRICKET



**A guide for players, parents,  
coaches and team managers  
on fuelling Teenage Cricketers**



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# “Teenage cricketers should eat and drink well to feel great and perform at their best”



**This booklet offers guidance for meeting the nutritional needs of teenage cricketers.**

When my children were playing junior sport I was often asked by parents and coaches “*What are the best foods and drinks for kids to have while playing sport?*”. Just as often, in conversations between parents at sporting events, I hear quite different opinions being expressed about what is good and bad practice in watering and feeding our sports stars of tomorrow. Obviously many people are seeking answers to some simple but important questions.

To answer these questions, I developed a series of booklets about **Feeding Active Kids** along with a cookbook **Fast Food for Active Families**. The recipes for the cookbook were tried and tested on my three “guinea pigs” and their multitude of friends, who gathered round the kitchen bench on the weekends after sport.

This booklet was first written when my own children, including two boys who enjoyed playing cricket in the summer months, were aged 7 to 12 years. My children are now in their teenage years but remain physically active so this subject is still dear to my heart. I know how hard it is to juggle the demands of daily living whilst trying to maximise the family health and energy levels so that

everyone performs at their best. I am pleased to now offer guidance to teenage athletes and their families.

As a Sports Dietitian, I know that elite athletes are well catered for in terms of professional advice on diet and training. But the players and parents of teenagers in a development squad may be relying on various sources of advice that can be misleading or incomplete.

I am really pleased to have the opportunity to provide a service that fills this important gap and complements the work of other sports dietitians working with Australian athletes. The earlier healthy habits are established the better.

I’d like to offer particular thanks to my colleague, Sports Dietitian **Simone Austin**, for her support and professional review of this publication.

**Ruth Logan**

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*Top right:*

*Ruth Logan with her three sporty kids.*

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AUSTRALIA

# GETTING READY

Before and during the cricket season, there are several important dietary considerations for teenage cricketers to manage. These include:

- optimising growth and development
- including adequate carbohydrate, protein and healthy fats in your daily diet
- organising quick, healthy low fat meals and snacks to maintain energy levels
- minimise snacking on less healthy foods during periods of reduced activity
- maintain a healthy body weight appropriate to your size
- ensuring sufficient fluid intake to maintain adequate hydration.

## Optimising growth and development

It is important for teenage cricketers to eat well every day -- not just on game days or when playing in a tournament.

Active teenagers need regular refuelling and cooling. Their nutrition needs are of great importance to their overall health, growth and development as well as to their sporting performance. The quality and quantity of food and fluids consumed will have a big influence on the cricketer's health and feeling of well being.

The teenage cricketer will get more enjoyment out of playing the game when better nourished, due to improved concentration and sustained energy levels. A developing cricketer who is not eating and drinking well may become tired, irritable and lethargic, have limited concentration and may even struggle to maintain interest and enjoyment in the sport.

**Some teenage cricketers want to build extra muscle and strength. To develop extra lean muscle mass active teenagers need to:**

- weight train appropriately under the guidance of a strength and conditioning coach
- consume additional energy in the form of carbohydrate rich foods to allow for the protein eaten to be used to assist muscle growth
- consume adequate protein (about 2 grams protein per kilogram of body weight should be sufficient and easy to achieve)
- include extra high energy snacks especially before and after a gym session. Have recovery snacks available at the training venue which contain a mix of carbohydrate and protein
- get organised about eating! Don't leave nutrition to chance
- drink extra energy in the form of milk drinks and liquid meals.

## THE IMPORTANCE OF CARBOHYDRATES

**Ensure your teenage cricketer has regular opportunities to eat foods rich in carbohydrate such as bread and other cereal products, fruit, starchy vegetables and calcium rich dairy foods or soy alternatives.**

These **Getting Ready Foods**, listed opposite, need to be eaten at frequent intervals each day as they provide much of the fuel needed to keep teenagers active and happy.

When carbohydrate rich foods are digested they produce glucose which helps to keep blood sugar levels constant, aids concentration during the day and helps to keep these active teens alert at work, school or university. Because the body can only store a limited amount of carbohydrate as glycogen, it is important to have some of these foods at every meal or snack to top up supplies. Remember to always maintain healthy dental hygiene habits.

## GETTING READY FOODS

### Cereals

- Breakfast cereals; rolled oats and other grains served hot or cold;
- Bread & bread rolls; pita, turkish and mountain breads; tortillas, tacos, lavash; crackers & crisp breads; rice cakes; corn thins; rice; pasta; noodles; couscous

### Dairy & soy foods

- Reduced fat plain & flavoured milks; yogurt, milk desserts
- Calcium enriched soy alternatives

### Fruit

- All fresh, canned or dried fruits; fruit bars, fruit juice

### Vegetables & legumes (pulses)

- Potato, sweet corn, sweet potato, peas, beetroot, pumpkin, baked beans, lentils, chick peas, soy beans, bean mixes

### Extras – sweet snacks

- Low fat cereal/muesli bars; muffins; Biscuits; fruit buns, fruit loaf, fruit scones, pikelets, pancakes, waffles, fruit cake/slice, sports drinks



# TIP:

**Before and after games and heavy training sessions is a great time to offer extra fluids to top up hydration and energy levels. The best choice is a sports drink.**



## GROW FOODS

### The importance of protein

As well as eating and enjoying a wide variety of foods, it is important for teenage athletes to have enough protein in their diet.

Protein is found in both plant and animal foods and is necessary to provide the building blocks for growth and development in adolescents. Its other functions are to repair any wear and tear to the body and help keep the immune system healthy and able to fight infection. Protein can also be used as fuel during activity. Active teenagers may need slightly more protein than those less active but it is generally easy for them to eat enough by having some meat and dairy foods or selected protein rich vegetarian foods each day. The use of protein supplements is rarely necessary and can become expensive. Encourage the inclusion of a variety of **Grow Foods** listed right.

### Where dietary fat fits into a healthy diet

Everyone requires a small amount of fat (3-4 teaspoons) in their daily food intake for normal growth and development.

Fat adds flavour, satiety and additional energy to food. It is recommended that all Australians limit their intake of saturated fats (mainly animal fats). Teenagers should include small quantities of the healthier unsaturated fats found in foods like fish, nuts such as almonds, seeds, oils and avocado.

Children under the age of two generally require full cream dairy foods to meet their nutritional and energy needs; however, all people over two years of age are recommended to consume reduced fat dairy products.

### Managing snacks is an important part of a teenage cricketer's diet

One of the biggest problems for cricketers of all ages is regulating the amount of food and fluid required for their sport.

Cricketers often have long periods of 'activity' (when fielding or batting) which requires a variable amount of physical effort and expenditure of energy but then have plenty of time to snack and graze while waiting for their turn to bat or field. Caution with the type and quantity of snacks and fluids ingested is recommended to reduce the likelihood of over consumption. It is easy to take excessive amounts during a long wait!

Encourage 'active' recovery between training sessions and games by snacking on foods and drinks containing some carbohydrate and protein. During the heat of summer fluids are a priority. The best choices before, during and after activity are water, and sports

### Meat, fish and eggs

- Beef, veal, lamb, pork, turkey, chicken
- Fish – fresh, canned or frozen; seafood
- Eggs

### Dairy and soy foods

- Milk, cheese and yogurt
- Calcium enriched soy products – milk, yogurt
- Tofu

### Legumes, nuts and seeds

- Baked beans; meat analogues (vegetarian foods); seed beans, nuts such as almonds, cashews; peanuts; peanut butter; seeds like pumpkin and sunflower

drink, with fruit juice and milk drinks adding variety, nutrition and tasty snacks during the day.

As previously mentioned, foods and drinks containing a small amount of protein with the carbohydrate make great snack choices – try snack packs of fruit with yoghurt, baked beans or spaghetti with cheese on toast, cereal bars or fruit bars with a milk drink, fruit smoothies or milkshakes.

For more suggestions see **Smart Snacks and Energy Boosters**.

'Treat' foods do have a role to play in a healthy diet but remember that treats are occasional use, not every day foods. Discourage excess indulgences - too much of anything can create problems and will certainly affect your ability to perform to your best.

### Maintaining healthy weight in the teenage cricketer

It is important that active people of all ages learn to eat according to their appetite - ensuring they eat enough but not too much, while remembering they often have great variance in their appetite from day to day due to factors such as activity, tiredness and growth.

Unlike those involved in more physically intense sports, some cricketers will have a tendency to eat extra on game days, even when not hungry, due to boredom grazing. You will need to be alert to minimise intake of confectionery, high fat snacks and soft drinks and include instead, healthy snacks and drinks. Preventing the development of a weight problem is easier than dealing with excess weight later.

But for those cricketers that *are* on the light side, or underweight, it is important to eat something, even at times when you feel too tired or busy to bother. Don't panic if your appetite sometimes seems less than usual - it's normal - and this is when eating small but nutritious snacks can be so important.

## If you are overweight, a healthy diet and activity plan will help

Weight management often requires expert help from your doctor or a dietitian. Avoid strict dieting or rapid weight loss by fad dieting. Reducing overall energy intake, especially reducing intake of high energy dense foods (those containing large amounts of fat and/or sugar) and doing more physical activity will help. Choose low fat foods for meals and snacks, avoid the use of fatty take-away and convenience foods and replace high sugar snacks and drinks with water and more nutritious choices like fresh fruit.

Food choices should be similar for overweight and normal weight active teenagers, although the amounts consumed will need to be different. Fatty, salty snacks should be minimised for everyone and replaced by some of the **Smart Snacks** listed.

Teenage cricketers will have developed their talents to either bat and bowl. Whatever their body type, ability and role in the game, all players will enjoy the game more if they feel fit and don't carry excess body fat.

## Ensure your teenager is drinking enough fluids

Managing fluid intake is just as important as managing food intake.

Ensuring that adequate fluids are consumed is a primary concern at all levels of the game and encouraging young cricketers to develop the habit of drinking regularly is extremely important.

Dehydration is a common problem amongst people who play outdoor sports, especially during the heat of summer, yet it is often not recognised.

Remember to keep up your fluid intake by drinking 'mouthfuls often' at training and during drinks breaks, when a wicket falls and between overs on match days as well as immediately after each match and during the day at school, college, work or home. Water is the preferred every day drink but during activity a sports drink containing small amounts of carbohydrate and electrolytes will encourage greater intake and improve hydration.



## SMART SNACKS

### Quick picks

- Bread, crumpets or English muffins with spread
- Fresh fruit or a snack pack of fruit
- Vegetable pieces with low fat dip
- Scone, pikelet, pancake with topping
- Canned spaghetti on toast
- Baked Bean sandwich
- Fruit bun or raisin toast with spread
- Low fat, quick cook noodles or pasta snacks
- Fresh or canned fruit salad with yoghurt
- Low fat yoghurt
- Low fat cereal/fruit bars
- Home made popcorn
- Pita chips, pretzels or crackers
- Corn & rice crackers or corn thins
- Low fat smoothie with fruit (fresh or canned)
- Low fat milkshakes or fruit spiders
- High fibre crackers with reduced fat cheese
- Breakfast cereal with milk and fruit
- Low fat fruit muffins or slice

### Hunger Busters

- Leftover **Pizza Power**
- **Hunger Buster Burgers**
- **Chicken Wraps**
- **Mince Muffins**
- **Pinwheels**
- **Savoury Muffins**
- **Potato Fritters**
- Rolls, bagels, sandwiches, wraps or pita pockets filled with cold meat (chicken, ham, canned fish, beef, turkey) and/or egg, cheese and fresh salad
- Jaffle or toasted sandwich filled with **Savoury Mince**; cheese and sweet corn; snack size cans of prepared meals with cheese or tomato; chicken, mayonnaise, sprouts and cheese; tuna, tomato and cheese; can of chilli beans, tomato and cheese; salmon, salad and creamed cheese; baked beans and cheese; canned spaghetti
- **Apple Crunch** and custard
- **Aussie Peach Dream**
- **Tropical Rice Delight**

## The night before a big match

The night before any big sporting event requires extra effort to ensure adequate carbohydrate is eaten and fluid intake has been sufficient to achieve a good state of hydration. Often this happens on a Friday night when busy people are pushed for time and spare energy.

If so, keep the food simple and use convenient canned, frozen and packaged foods like noodles, pasta and rice to supplement fresh products to produce healthy fitness foods, fast.

Thinking ahead and having foods pre-prepared will ease the pressure and help

everyone achieve a great performance all round. This is the time for carbohydrates, some protein foods and plenty of nourishing drinks.

You'll find many family favourites are ideal including some of the recipes from the cookbook **Fast Food for Active Families**. If you don't have this cookbook you can download a copy from the Sports Dietitians Australia (SDA) website [www.sportsdietitians.com](http://www.sportsdietitians.com).

Recipes included from the cookbook are listed in green.

## HEALTHY FAMILY FAST FOOD

### Family main meal ideas

- **Logan's Lasagne** rich with beef, pork or chicken, canned crushed tomatoes & soup, frozen spinach and cottage and mozzarella cheese
- **Performance Pasta** your favourite pasta shape with bacon, vegetables and cheese
- **Mexi Balls** beef, rice and seasoning from the cupboard turned into yummy meatballs
- **Sweet Lamb Curry** luscious lamb and vegetables in a rich but mild curry sauce
- **Mince in Minutes** tacos use our quick mince recipes to turn into tasty tacos
- **Hunger Buster Burgers** juicy quick steaks plus the favourite combo of beetroot, pineapple and cheese plus salad in a roll
- **Winter Casserole** a classic but quick rich beef casserole enlivened with bacon, tomatoes and mushrooms which makes use of some handy cans
- **Chicken Wraps** a quick tortilla filled with roast chicken, canned beans, fresh salad and light sour cream or packaged tzatziki
- **Tuna Temptations** your favourite pasta shape plus handy cans of tomato, tomato sauce and tuna

- **Hearty Minestrone** a meal in a bowl rich with vegetables, beans and rice
- **Pinwheels** savoury spiral buns filled with tasty mince, herbs and cheese
- **Pizza Power** cleverly uses a prepared base topped with roast chicken, ham, pineapple and cheese
- **Spinach, Feta and Corn Pie** a delicious 'loaf' to serve with salsa or your choice of sauce
- **Pineapple Chicken Stirfry** cubed lamb or beef with pineapple, apple and favourite vegetables in a spicy but sweet sauce.

### Drinks, desserts & 'extras'

- **Speedy shake**
- **Fruit Spider**
- **Peach & Mango Smoothie**
- **Milk drinks**
- **Fruit**
- **Juices**
- **Apple crunch**
- **Tropical Rice Pudding**
- **Apple & Raspberry Muffins**
- **Aussie Peach Dream**
- **Fruit Salad Anzac Slice**
- **Pancakes or waffles**
- **Pumpkin damper**
- **Creamed rice with canned fruit**
- **Canned fruit with custard, yogurt or ice cream**
- **Fresh rolls, a salad or a fruit platter**



## On the day

Select a combination from the following foods to make a nutritious breakfast:

- wholegrain cereal with low fat milk and/or yoghurt;
- toast, crumpets, pancakes or muffins;
- spaghetti or baked beans;
- eggs; low fat cheese;
- fruit or juice.

Breakfast is best eaten no later than one hour before the match commences to keep players feeling satisfied and well fuelled. If

you get hungry again before play starts, I suggest you eat a small, low-fat snack (something from the **Smart Snacks** list would be good).

If you have to travel long distances or need to make an early start before a match, pack some breakfast-on-the-run foods including flavoured milk drinks; cereal bars; bread rolls with spread; juice; fruit bars; canned or fresh fruit or a fruit bun, or use a prepared liquid meal supplement to allow you to eat at a more suitable time.

The best foods to serve at breakfast are those you are used to eating and are quick and easy to prepare and eat – *minimise fuss*.

Low fibre foods, like nourishing drinks, could be best for breakfast if you get an upset stomach due to 'nerves' before playing. Otherwise foods that are rich sources of carbohydrate, yet low in fat, are best eaten at the pre-match meal which is usually breakfast.

Remember to also drink plenty of fluids at this time. The best drinks for breakfast are low fat milk, juice, and plenty of water. One to two cups should be enough.



## BREAKFAST IDEAS

- Cereal with fat reduced milk, fruit and yoghurt plus a glass of juice
- Toast with a scrape of spread, fat reduced cheese and tomato with a glass of flavoured milk
- Spaghetti on toast with a fruit milkshake
- Scrambled egg with cheese and tomato, toast and a glass of juice
- Banana and peanut butter on toast with a flavoured milk drink
- Baked beans with fat reduced grated cheese on toast with fruit and a glass of milk
- Canned spaghetti on toast, yoghurt and a glass of fruit juice
- Canned fruit with yoghurt, toast and spread with a glass of milk
- Fruit or English muffins with a scrape of spread and honey or jam, and a fruit smoothie
- Pancakes with honey and a glass of milk
- Crumpets with honey, a tub of yoghurt and a glass of flavoured milk or juice

## At the oval

Teenage cricketers may not always have the option of buying food or drinks from a canteen or shop as matches are frequently played on local ovals or at schools, well away from shops.

Players therefore need to supply their own snacks and drinks to keep them going during the day. Always pack two drink bottles - one for water and the other with sports drink.

Remember to take a top up supply of cooled water, and flavoured fluids especially on hot days.

While cricketers are waiting to bat, or before they take to the field, is a good time for them to have a quick snack to top up energy levels. The following list of Energy Boosters includes snacks containing carbohydrate. One or two of these snacks would be plenty for a teenage cricketer to have during a break in play and will help boost energy levels, aid concentration and prevent hunger. If you are playing for the whole day it is important to include a more substantial meal during a longer break or between matches. Always include extra fluids on these days. It's always a good idea to encourage food with fluids, when time permits.



## ENERGY BOOSTERS

- Flavoured milk or a liquid meal tetrapak
- 1 bottle (600mL) sports drink (e.g Gatorade)
- A piece of fruit with a juice popper
- Sandwich, wrap or roll with a sports drink
- 1 piece of fruit or 1 packet sultanas with sports drink
- Bread roll with banana and water
- 1 low fat cereal bar with a juice popper or flavoured milk
- 1 fruit bun with a juice popper or sports drink
- 2 large pikelets with jam or honey plus a snack pack of fruit and water
- Fruit muffin – try the easy low-fat fruit muffin packet mixes - with a sports drink or water



## Fluid intake on the day

**It is important that cricketers have a drink with their breakfast as they generally start matches early in the morning and there may not be another opportunity to take in fluid for a period of time. You should aim to drink at least one cup of fluid in the hour before play commences.**

Cool fluids then need to be made available to all players at frequent intervals during play. Aim to include at least one drinks break during each session of fielding - more may be necessary during very hot days or when your team is fielding in the heat of the day.

Remember to encourage teenage cricketers to drink small amounts regularly while waiting to bat and after their turn. Bowlers should have a drink bottle placed on the boundary to allow intake between overs or as required. The time taken for teenage cricket matches will vary depending on the format of play. Each player needs to have appropriate snacks and fluids available to consume at convenient times.

During a cricket tournament, teenage players might be required to play a match each day for up to a week. To continue to perform well and maintain concentration it is important to keep well fueled and cooled during and after each day's play. Players will continue to enjoy their sport when they feel in top shape.

Some players will obviously need more fluids than others, so keep a check on how you are feeling. If you are starting to look or feel hot, take extra fluids. Coaches should remind the players to sit in the shade while waiting to bat or watching their team members take their turn. Pop a container of sunscreen into your bag and remember to reapply prior to taking up your fielding positions.

Early or later in the season, you might not feel the need to drink as frequently as the weather will be cooler. As the heat of summer creeps in, fluid losses will increase and it will become even more important to remember to drink. Start taking in fluids before you feel thirsty to reduce your risk of dehydration.

Immediately after your match or training, finish off the rest of your drink bottle - at least 500mL. Sports drinks and water are best during and after long sessions of activity and are especially important during a tournament.

Sports drinks have been proven to be useful in recovery as they assist fluid and electrolyte replacement. Also, it has been shown that people will drink more if the fluid is flavoured - vary the flavour during a tournament to avoid taste fatigue.



## After the match

Recovery after each day's match or training session is essential to maintain your best performance – especially when playing at a tournament.

Cricketers will be playing on warm summer days and will often look for something cool and refreshing to eat and drink after they finish play. Sports drinks are designed to replace lost muscle glycogen and electrolytes in sweat, thereby speeding recovery time. Some revitalising and nourishing snack and meal ideas can be found among **Smart Snacks**, **Energy Boosters** and in my cookbook **Fast Food for Active Families**.

Recovery snacks and fluids should be:

- started within 30 minutes of finishing activity
- high in carbohydrate with a little protein
- quick and easy to prepare and eat
- available at the venue if it takes a long time to get home.



## The meal after a big day of cricket

Coping with tired and hungry cricketers at the end of a long hot day's play can be challenging for anyone. The temptation to line up at a fast food outlet can be great and pressure from your family and friends can make it even harder to resist. Remember how easy it is to throw together a healthy meal at home.

Of course, takeaway foods can be enjoyed as an occasional treat but generally try to limit to special occasions rather than every weekend! Choose from the healthier options now available when necessary.

You may not be in the habit of having a meal ready at home but with the help of some ideas from my cookbook and remembering to use 'convenience foods' from the supermarket, it will be possible! You will also save time and money and certainly improve the nutritional value of the meal.

One solution is to have food already prepared in the fridge or freezer - only needing reheating or putting together for a quick lunch or evening meal.

Have a selection of fresh, canned, packaged and frozen foods on hand to prepare home cooked 'fast food'. You will find the following quick and easy to prepare recipes in **Fast Food for Active Families** as well as some suitable to prepare in advance for a quick evening meal after a busy day of playing sport.



### Quickly prepared dishes

- Mince in Minutes
- Tuna Temptation
- Hunger Buster Burgers
- Chicken Wraps
- Pizza Power
- Tropical Rice Delight

### Ideal for reheating

- Logan's Lasagne
- Sweet Lamb Curry
- Hearty Minestrone
- Pinwheels
- Performance Pastas
- Potato Bake
- Mexi Balls

## ALCOHOL + TEENAGE CRICKETERS

**Some teenage cricketers will be of legal drinking age and may be starting to experiment with alcohol, especially on weekends after a game.**

Always rehydrate first then celebrate (if you must) to allow your body to recover from the day's play before you take any alcohol. Drinking alcoholic beverages when dehydrated will increase the effect of the alcohol and may delay recovery. Underage consumption of alcohol is definitely discouraged. Always avoid intake of alcohol the night before a game as it will decrease your performance the next day. Excessive consumption of alcohol will also affect weight and body fat levels of players as it is a very energy dense fluid.



# HOT TIPS TO STAY COOL

## How to avoid overheating and maintain adequate fluid intake

Running out of fuel may not be the main problem for cricketers, but getting overheated and dehydrated is a very real possibility for all players and will impair performance

- Always have your own water bottle on hand or in a cooler bag to sip from during the drinks breaks and while watching play. On very warm days, players who are fielding or bowling should leave their water bottle on the boundary to drink from between overs and at other opportune moments.
- Keep fluids cool and have a mix of water and flavoured drinks such as sports drink, to encourage greater intake during and after activity.
- Fluid loss will vary from match to match depending on your involvement in the action and the environmental conditions. Be prepared to compensate for extra losses if you are overheating.
- Remember not to wait until you are thirsty before you start to drink! By then you will already be starting to dehydrate and possibly overheating.
- Don't drink carbonated (fizzy) drinks before, during and immediately after exercise as they can upset the stomach and reduce your desire to drink. (Bloating can be a problem and means you will get too full before a sufficient volume has been drunk.)
- It is not suitable for active teenagers to be using high caffeine drinks before, during or after sport. Minimise intake of tea, coffee, cola drinks and the energy drinks that contain large amounts of caffeine. These are definitely not recommended for junior athletes under the age of 15 years.
- Monitor drinks hygiene. Adopt healthy habits when drinking from a shared bottle. It is preferred that everyone gets into the habit of taking their own bottle. But if you forget, your lips should not touch any part of a shared bottle. Learn how to squirt or use a chin sipper bottle to get the water into your mouth.
- Sports drinks are an excellent source of energy and fluid just before, during and after activity. Encourage teenage cricketers to use a drink bottle they can squeeze to direct the fluid to the back of their mouth and avoid swishing round their mouth. It is also wise to encourage people to rinse their mouth with water after taking any flavoured fluids.





## Warning signs for dehydration

Know the warning signs for dehydration. If a player shows any of the following signs it would be best for them to take some time out to rest and take in fluids.

- Dizziness and light-headedness
- Muscle cramps
- Nausea and headache

After games you will know if you have not drunk enough if any of these signs are noticed:

- dark urine and infrequent urination
- dry mouth and throat
- a feeling of extreme heat which remains after a cool down time

## Recommended reading

1. [Gold Medal Nutrition](#) – Glenn Cardwell
2. [Practical Sports Nutrition](#) – Louise Burke
3. [Sports Medicine Australia](#) – Heat and Fluid Guide

## Recommended websites

1. [Sports Dietitians Australia](http://SportsDietitiansAustralia.com)  
[www.sportsdietitians.com](http://www.sportsdietitians.com)
2. [Nutrition Australia](http://NutritionAustralia.org)  
[www.nutritionaustralia.org](http://www.nutritionaustralia.org)
3. [Australian Institute of Sport](http://AustralianInstituteofSport.org)  
[www.ais.org.au/nutrition](http://www.ais.org.au/nutrition)
4. [Cricket Australia](http://CricketAustralia.com)  
[www.cricket.com.au](http://www.cricket.com.au)

## Healthy Food Guide

This chart is a useful guide to show the relative amounts of each variety of food to eat daily to ensure an adequate intake of all the essential nutrients to keep healthy. It comes from the Commonwealth Department of Health as part of the National Food and Nutrition program.

If active teenagers are eating a diet based on all these healthy foods, are an appropriate weight for height but are still hungry, it is fine on occasions to include some of the less nutritious foods (pictured at the bottom) to add interest, taste and fun to their lives! Better still choose from the **Smart Snacks** list.



# TIP:

**The slightly salty flavour of sports drinks encourages increased consumption which helps maintain good hydration.**

# Brett Lee



**“As an elite athlete I am very aware of the important role good nutrition and hydration plays in my performance. And as a team player I understand the importance of my performance on our overall success. Establishing healthy eating practices, and learning how to stay properly hydrated, is the key to a long and enjoyable career in cricket.”**

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