

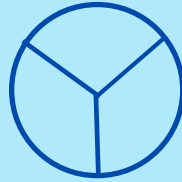
# ADOLESCENT NUTRITION

For 12-18 year old athletes



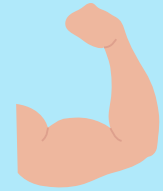
## ENERGY INTAKE

Adolescent athletes have **increased energy requirements** to support growth & development PLUS training. Larger meals & / or extra carbohydrate snacks are required on training days.



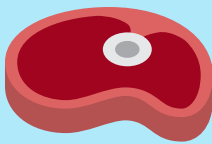
## BALANCED PLATE

Aim to balance meals with:  
**1/3** plate **carbohydrate** foods  
**1/3** plate **protein** foods  
**1/3** plate **vegetables & legumes** that provide vitamins / minerals / fibre.



## PROTEIN

Boys & girls: **1.3-1.8g/kg** each day  
Aim to include high quality protein sources **after training & spread regularly over the day.**



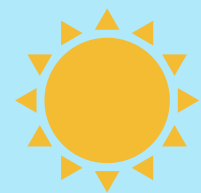
## IRON

Boys: **8mg/d** (9-13yrs) & **11mg/d** (14-18yrs)  
Girls: **8mg/d** (9-13yrs) & **15mg/d** (14-18yrs)  
Aim to include iron rich foods each day.  
**Iron rich foods:** red meat, chicken liver, lentils, beans, tofu, seafood, eggs, nuts, green leafy veggies, fortified cereals & products.



## CALCIUM

Boys & girls: **1300mg/d**  
**3 1/2 serves** of calcium rich foods each day.  
**Calcium rich foods:** milk, yoghurt, cheese, calcium-fortified soy products, breakfast cereals & sardines / salmon with soft edible bones.



## VITAMIN D

Mostly obtained through **exposure to sunlight** rather than diet.  
Aim for a few minutes most days in summer & **2-3 hour per week in winter** (outside of peak UV times). Monitor with blood test if concerned.



## HYDRATION

**Carry a drink bottle** during the day & **start exercise well hydrated.** Consume cold fluids before, during & after exercise.  
**Choose water** most of the time. Sports drinks should only be used if required during prolonged (>90 mins) vigorous exercise.



## STAYING COOL

Young athletes have an **increased risk of heat-illness** in hot environments. **Ensure adequate hydration**, provide sufficient time & **cooling between exercise bouts** (provide shade, air conditioning, fans, ice towels, iced drinks where possible).



## SUPPLEMENTS

Adolescent athletes **should NOT take supplements**, unless recommended by a qualified medical practitioner or sports dietitian.

Parents, carers & coaches should support nutrition practices that **reinforce long-term health, positive body image & a healthy relationship with food.** Fad diets and overemphasis on a lean physique may lead to disturbed eating attitudes and behaviours. Seek professional advice if these are displayed.