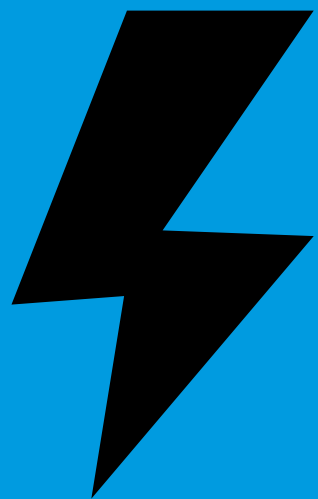


NUTRITION FOR THE JUNIOR ATHLETE

AGED 5-11 YEARS

CHOOSE NUTRIENT DENSE FOODS FOR FUELLING, HEALTH AND GROWTH.

ENERGY



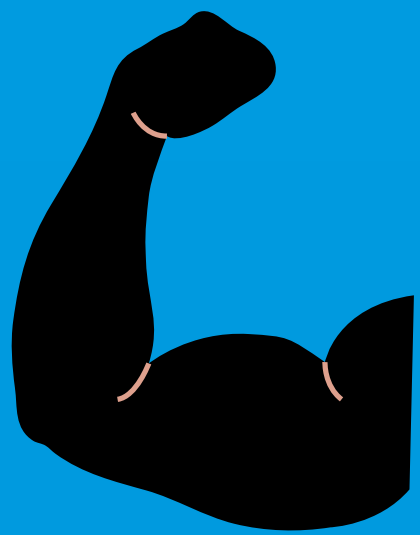
Increased requirements for active junior athletes eat regularly, every 3-4 hours

Additional energy needed before training and games. Choose easy to digest carbohydrates 1.5 - 2 hours before

EXERCISE



RECOVERY



After exercise choose protein containing foods & carbohydrates
Include protein at each meal and snack during the day

HYDRATION



Always water, sip throughout the day
Milk for hydration, teeth & bones.

HUNGER



You should feel well fuelled and hydrated **BEFORE** the start of a game or training

NUTRITION FOR THE JUNIOR ATHLETE

AGED 5-11 YEARS

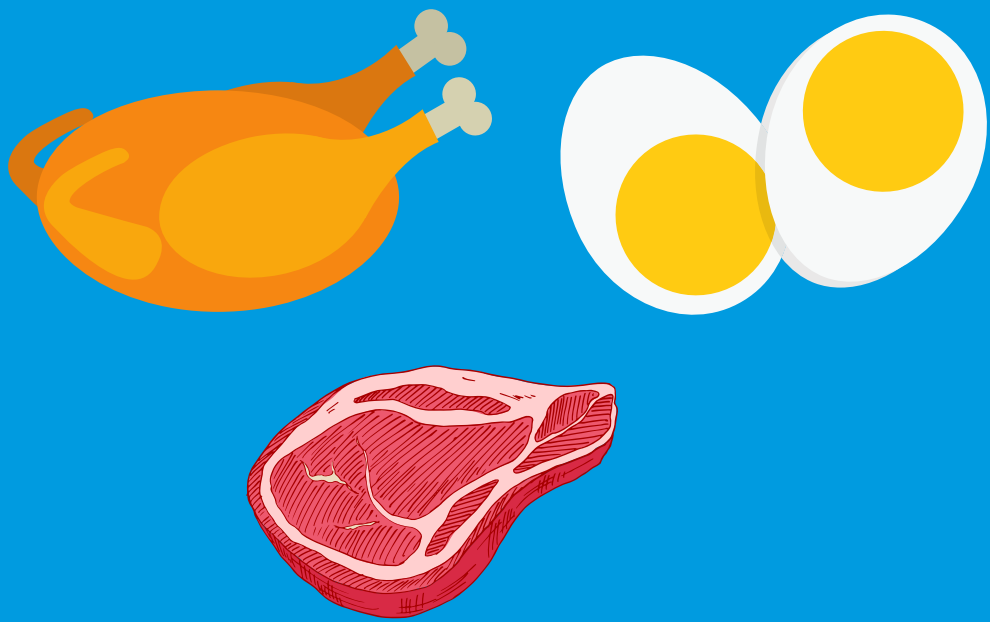
CARBOHYDRATES FOR ENERGY



Eat more around training and events
Provide fuel to perform

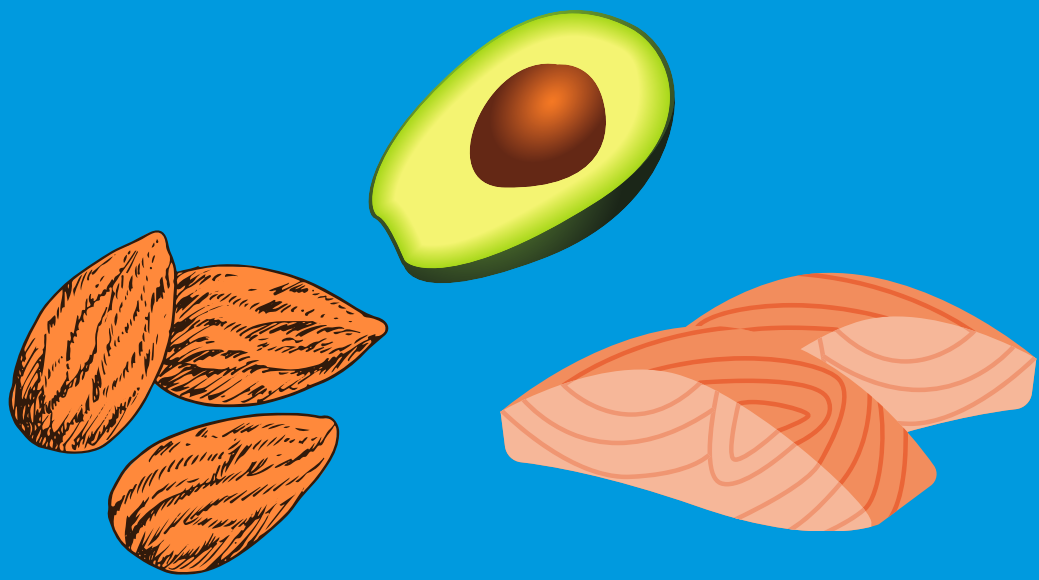
PROTEIN FOR RECOVERY,

growth and development



Include at meals and snacks across your day
After training to repair your muscles

HEALTHY FATS & COLOUR



For your brain, growth &
development

Fruit & vegetables for vitamins and minerals

CHOOSE MOSTLY WATER



Always choose water

Junior athletes should not require sports
drinks

Full cream milk for healthy teeth & bones

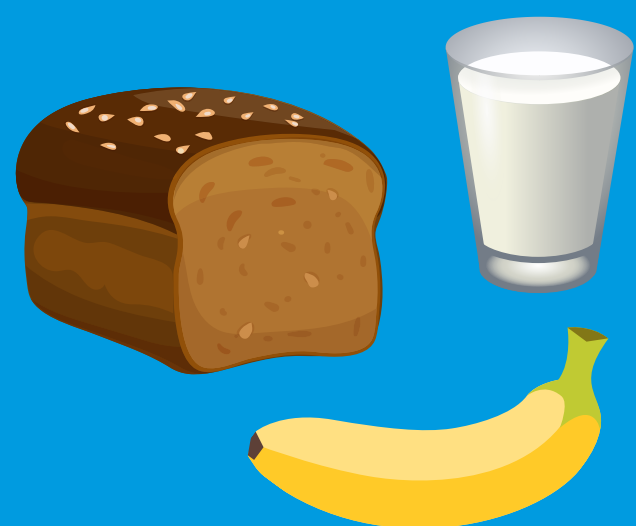
1	2	3	4	5	6
Hydrated - over hydrated	Hydrated	Well hydrated	Slightly dehydrated	Dehydrated	Very dehydrated

You can check if you are hydrated by looking at your
urine, aim for number 2 or 3

NUTRITION FOR THE JUNIOR ATHLETE

AGED 5-11 YEARS

CHOOSE NUTRIENT DENSE FOODS FOR FUELLING, HEALTH AND GROWTH



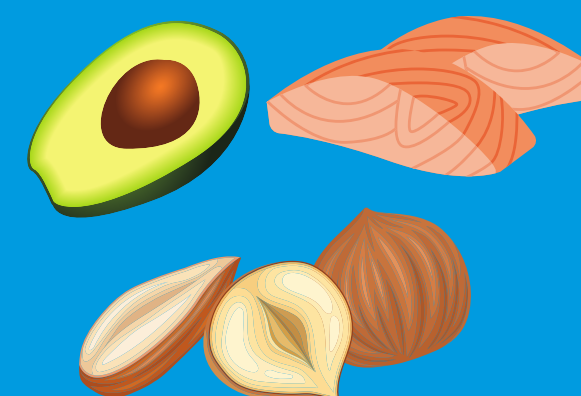
CARBOHYDRATES

Before training & across the day
Provide energy



PROTEIN

To repair and recover
Help your immune system
At each meal & snack and after exercise



FATS

For your brain, growth & development
Limit saturated fats, choose unsaturated



HYDRATION

Water first
Milk for teeth & bones
Don't need sports drinks
May need more in warm weather



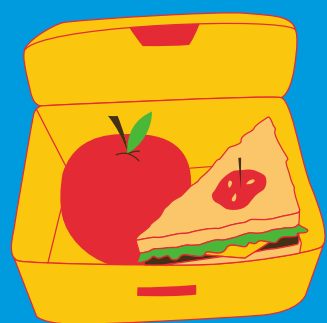
EAT REGULARLY

3-4 hourly &
1-2hrs before training



VITAMINS & MINERALS

From food
Iron: red meat, leafy veg, tofu
Zinc: wholegrains, dairy, nuts
Calcium: dairy, soy products



PLAN AHEAD

Include a snack for training after school
Bring extras on comp day & refill water bottle



PRACTICE MAKES PERFECT

How much can I eat & drink?
Practice what you will eat & drink before comp day



SUPPLEMENTS

Not needed without a diagnosed deficiency.
Speak to a GP

VEGETARIAN OR VEGAN JUNIOR ATHLETES MAY NEED ADDITIONAL NUTRIENTS & SHOULD SPEAK TO AN ACCREDITED SPORTS DIETITIAN FOR GUIDANCE