

8 TOP TIPS FOR PEAK PERFORMANCE

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FOOD FUEL

Fuel up 2-3 hours before training/match e.g. pasta or rice with tomato-based sauce and chicken; baked potato with beans and cheese; or cereal with milk/yogurt. If needed, top up energy with a carbohydrate-based snack 60 mins before sport e.g. cereal bar or fruit smoothie.

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PROTEIN POWER

Protein foods (milk, lean meat, eggs, beans, lentils, cheese, fish, yogurt) should be included at each meal time. Consuming protein (20-25g) following an intense session is particularly useful to assist muscle growth and repair.

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DRINK UP!

Ensure adequate hydration when beginning a sports session by drinking fluid throughout the day. Rehydrate after sport to replace fluid lost; water or skimmed milk are good options.

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DURING SPORT

There is generally no need for an energy top-up during sport if the session duration is less than 60 mins, but continue to hydrate with water at breaks of activity.

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COMMON SENSE

There are no shortcuts - effective training and sensible eating are key. If needed, a sports dietitian can tailor food, fluid and supplement advice to specific needs and goals. Remember, sports supplements are not recommended for those under 18 years of age.

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RECOVER WELL TO PLAY WELL

Effective recovery is essential to perform your best in the next session. If your next meal is some time away, aim to start refuelling within 30-60 mins after sport e.g. sandwich with chicken/tuna/cheese; low-fat/ skimmed milk with banana; flavoured milk; or yogurt with granola.

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KEEP YOUR BALANCE

Energy and nutrient needs vary depending on gender, age, body size and activity levels. A healthy, balanced diet is essential to all sports enthusiasts for meeting nutritional demands.

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MILK IT!

Exciting research indicates a beneficial role for milk in post-exercise recovery.

