

**8 TOP TIPS FOR PEAK PERFORMANCE**

**3**

**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.

**4**

**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.

**5**

**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.

**6**

**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.

**2**

**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.

**7**

**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.

**1**

**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.

**8**

**MILK IT!**

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

