

Food for sport

The Balance of Good Health

You don't have to give up the foods you most enjoy for the sake of your health but remember that everything you eat, snacks as well as meals count towards the balance of your diet.

The demands placed on the body during rapid growth and development of adolescence means that most nutrients are required (in considerable greater amounts in proportion to the body size) rather than in later in life. It is essential that young athletes are aware of the need for good eating habits and encouraged to consume a varied diet rich in nutrients for growth, repair and regular training. A substantial proportion of the daily intake of nutrients comes from Carbohydrates.

CARBOHYDRATES

Carbohydrates are an athlete's friend, they are the most important fuel for working the muscle. Carbohydrates are stored in the liver and muscle as Glycogen (sugar in the body) in limited amounts. As this amount is limited it must be replaced daily by eating carbohydrate foods which allows us to turn on the power to produce fast energy levels.

There are two types of Carbohydrates:

Complex

The starchy, unrefined or complex carbohydrates include foods such as:

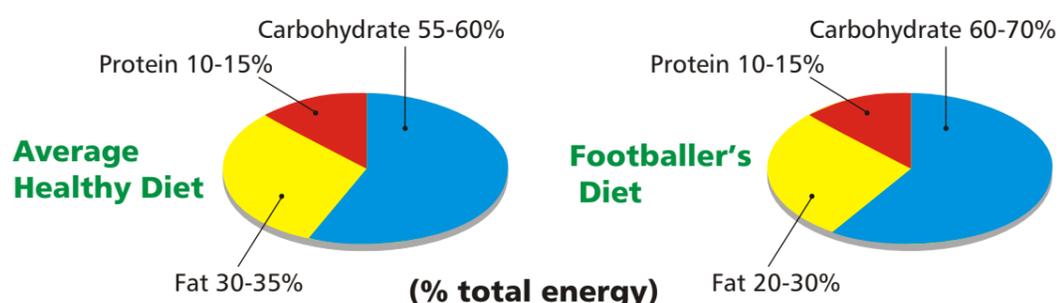
- Breakfast Cereals
- Bread
- Crispbread
- Pasta
- Rice
- Potatoes
- Pizza
- Fruit,
- Dried Fruit
- Beans (All types including baked)
- Cereal Bars
- Biscuits (lower fat types)
- Yoghurt
- Puddings (fruit crumbles, milk puddings)

Simple

The sugary or simple carbohydrates include foods such as:

- Sugar
- Honey and Jams
- Fizzy Drinks
- Confectionery
- Chocolate
- Biscuits (Jammy dodgers etc)
- Puddings (Jelly, Ice cream tinned in syrup)

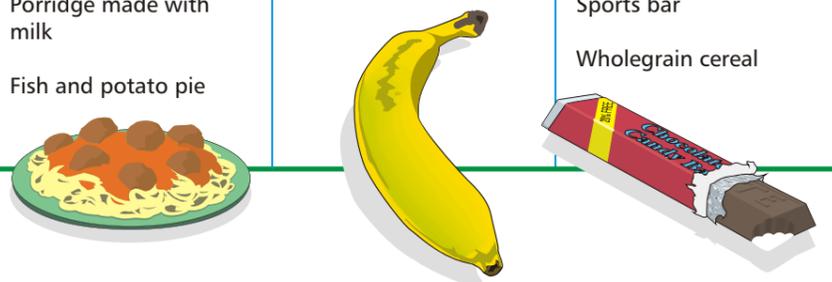
Because Simple carbohydrates contain mostly sugar (a well known promoter of tooth decay) a realistic mixture of carbohydrate intake should be encouraged.



Here are some ideas to raise the blood sugar levels before and after exercise.

Eating for Exercise

2-4 Hours before	1-2 Hours before	After exercise
Chicken with rice and salad	Fresh fruit	Rice cakes with jam or peanut butter
Mixed bean hot pot with potatoes	Dried apricots	Jacket potato with tuna
Pasta with tomato based sauce	Yogurt	Baked beans
Porridge made with milk	Fruit loaf	Cottage cheese
Fish and potato pie	Diluted fruit juice	Sports bar
		Wholegrain cereal



Drinking for Exercise

Before exercise	During exercise	After exercise
When you start exercise, start drinking early and at regular intervals - around 600ml (1 cup) every 15 minutes at least 2 hours before.	Children are less able to control their body temperature when exercising in hot environments as their sweat glands are not yet fully developed. Therefore don't just rely on thirst as an indicator of dehydration. Plan regular breaks, avoid highly concentrated squashes and fizzy drinks this will only encourage dehydration. Water is best.	Try and weigh your self before and after exercise as a rough indicator of your own fluid loss. After training drink 1.5 times the fluid lost. This does not have to be all in one go but as much as you feel comfortable with, then in small doses.



Average Energy Intake Requirement of a Young Footballer	
Average Daily Energy Requirement	2.500g
Carbohydrate	400g
Fat	70g
Protein	75g