



## **NUTRITION INFORMATION SHEET 1**

### **What should I eat before training?**

**High carbohydrate snacks to give you some extra energy during training;**

- Low fat crisps, 'Twiglets' ,bread sticks, pretzels, dried fruit, bagels and low fat soft cheese, popcorn
- Malt loaf, jelly babies, 'go ahead' biscuits, 'jaffa cakes', ginger snaps, fruit scones, raisin and lemon pancakes, pot of yogurt or custard
- Bananas, grapes, dried fruit, apples, pears
- Sandwich of whole meal bread with either, tuna and cucumber, low fat cheese, humus, low fat cheese and pickle, ham and tomato, egg and cress, chicken salad, honey, peanut butter, banana

**When to eat: 2-4 hours before training**

**Water should keep you well hydrated, try to drink more during the day of training, before you arrive;**

- Fruit juice, squash, low fat milk
- Water, not fizzy

**Please bring a bottle of water to training**

**“Golden Half Hour” after training;**

Recovery snack i.e Yazoo milk, cereal bar (Eat Natural, Nature Valley), Innocent Smoothie

**Have your evening meal after training not before to avoid getting a stitch.**

**Breakfast and lunch are important every day and especially so on training days. Sports drinks, protein shakes, bars and gels are not required for training.**

**Please note you do have to eat slightly more on training days**

**For more information read: *Go faster food for kids* by Kate Percy. Also a website *Go faster food***

**School aged athletes, AAAC, 2016, GA**