

Hurricanes U17

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Performance Zones

Breakfast

Regular meals, including snacks

Food on the go

Hydration

Portions on your plate



How can you improve this daily intake?

True or False?

Breakfast is the most important meal of the day?



Why is breakfast so important?

Refuel

Energy to sustain your work day and demands

Helps achieve healthy body weight

Fuel for the brain










Electrolytes

Blood glucose levels



#102215246

What should your breakfast include?

Carbohydrates	Protein	Colour
		
		
		

Design an ideal breakfast? (No group can have the same idea)



Carbohydrate



Protein



Colour

Label Reading

Sugar 15g per 100g. For cereals with fruit up 25g per 100g

Saturated Fat 3g or less per 100g

Fibre 5g or more per 100g

Sodium 400mg or less per 100g

Add Fibre....

True or false?

2-3 meals a day a better than 3-6 meals a day?

Why are regular meals better?

Sustained energy over the day

Stops overeating when hungry

More variety

More vitamins and minerals

Blood glucose levels



What to pack in your lunch box

Carbohydrates	Protein	Colour
Wholegrain Bread Buns Pita pockets Baked Potato Rice Pasta Crackers Muesli bars	Chicken Tuna Salmon Nuts Yoghurt Cheese Hummus Baked Beans	Apples Oranges Avocado Tomato Carrot sticks Mandarins Grapes

Food on the go.....

Bakery

Dairy

Supermarket

Takeaways

Service station

Service Station

Sandwich

Sushi

Pot of fresh chopped fruit

Fruit smoothie

Flavoured milk

Yoghurt

Cereal bar

One square meal

Small bag nuts & dried fruit

Plain or fruit scone

Bakery

Filled Rolls

Plain or fruit scones

Sandwiches (wholegrain bread)

Pikelets

Smoothies

Sushi

Quiche

Wraps

Takeaways

Avoid battered choices

Avoid pastry

Choose grilled or steamed rather than deep fried

Take care with sauces

Avoid thin fries

Limit cheese

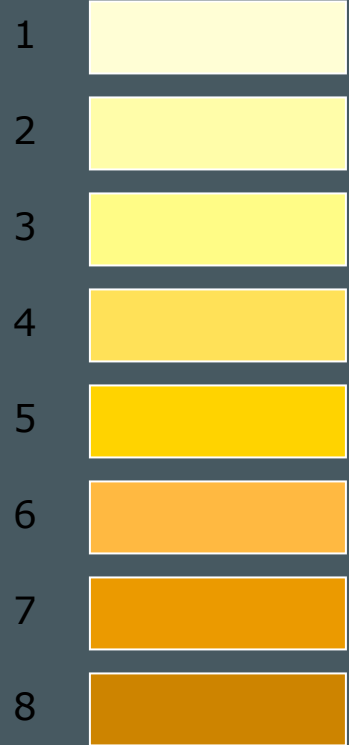
Avoid Monster, Whopper extravaganza's, double or triple layers etc

Avoid fizzy drinks

Choose lots of salad or veggie options

Hydration

- Monitor the colour and amount of urine you produce
- The most accurate time to do this is first thing in the morning
- If the urine is a dark orangey colour (4+) and a small volume this indicates dehydration
- Ideally urine should be a very light yellow/lemon colour and a large volume (1-2)
- Waking at night to pass urine may be over hydration and disrupts sleep



What to drink

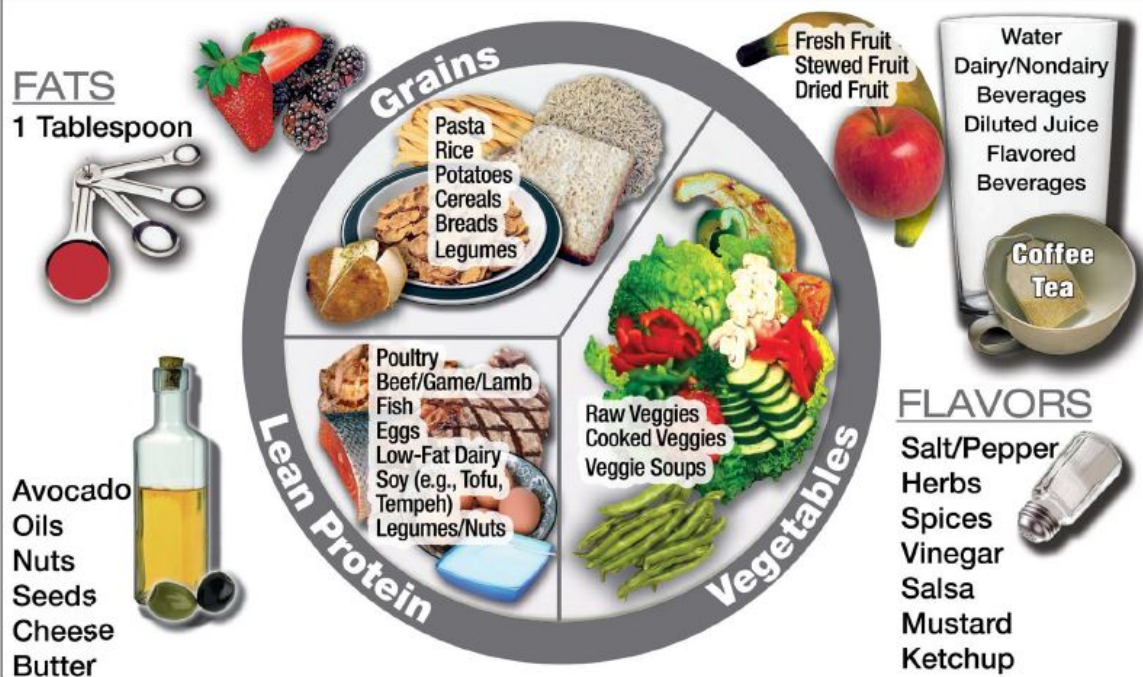
DRINK	How many tsps of sugar?
Raro (250mls)	
Coca- Cola (355mls)	
Fresh – up juice (355mls)	
Coca- Cola (1.5L)	
Bundaberg ginger beer 375mls)	
Mother energy drink	
Powerade	
Full fat milk	
Water	

What to drink

DRINK	How many tsps of sugar?
Raro (250mls)	4.5
Coca- Cola (355mls)	9
Fresh – up juice (355mls)	9
Coca- Cola (1.5L)	38
Bundaberg ginger beer 375mls)	10
Mother energy drink	12
Powerade	11
Full fat milk	3
Water	0

ATHLETE'S PLATE

MODERATE TRAINING:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

For educational use only. Print and use front and back as 1 handout.

Take home messages

There are no good foods and bad foods- balance and moderation are the key

Eat many different foods

Drink appropriate fluids to stay hydrated

Regular meals and snacks are important

Don't change too much at once. Pick 2-3 things and focus on those

Choose snacks wisely. Treat foods are ok now and then

BE PREPARED!!