

# Hurricanes U17 nutrition

By Karen Moore

# Topics covered with your boys

Breakfast

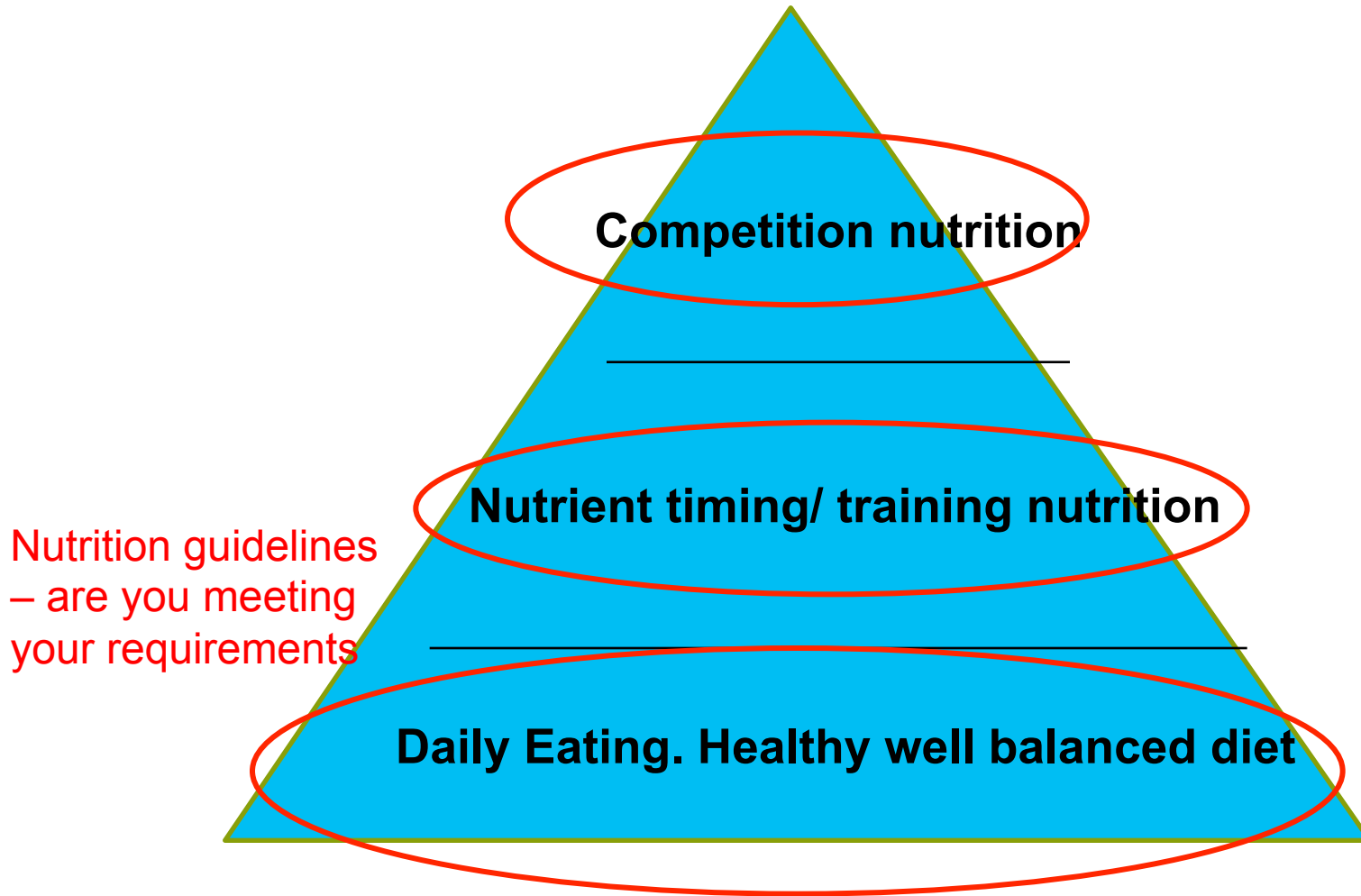
Regular meals, including snacks

Food on the go

Hydration

Portions on your plate

# The Sports Nutrition Pyramid



# Planning & Preparation

Sports nutrition is about making sure what is required to eat and drink is actually available!

This is the most important part of ensuring performance nutrition guidelines are achieved.










# Athlete Empowerment

Encourage your son to do the planning and cooking themselves at times when it is possible!

This will give him;

- Valuable performance nutrition skills
- Life skills
- Increase confidence

# What should your breakfast include?

Carbohydrates	Protein	Colour
		
		
		

# Why are regular meals better?

- Sustained energy over the day
- Stops overeating when hungry
- More variety
- More vitamins and minerals
- Blood glucose levels



# Food on the go.....





# Service Station

**Sandwich**

**Sushi**

**Pot of fresh chopped fruit**

**Fruit smoothie**

**Flavoured milk**

**Yoghurt**

**Yoghurt drinks**

**Cereal bar**

**One square meal**

**Small bag nuts & dried fruit**

**Plain or fruit scone**

# 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**

# Bakery

**Filled Rolls**

**Plain or fruit scones**

**Sandwiches (wholegrain bread)**

**Pikelets**

**Smoothies**

**Sushi**

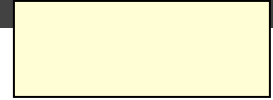
**Quiche**

**Wraps**

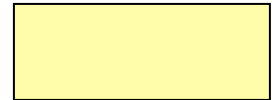
# Hydration

- 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

1



2



3



4



5



6



7

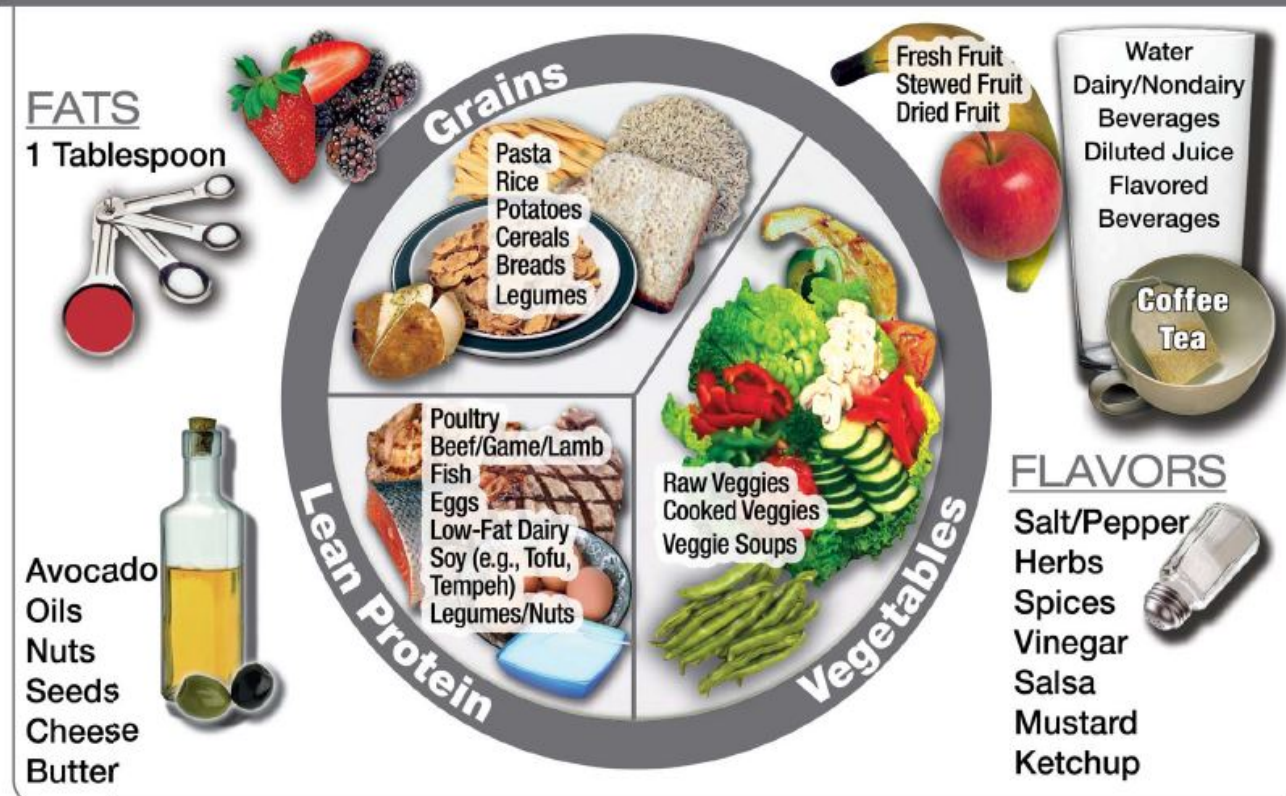


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# ATHLETE'S PLATE

## 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.*

# Before – Training

**Aim** : Muscle glycogen (Energy)

Eat a larger meal 3-4 hours before containing carbohydrates such as pasta, bread, fruit, cereals

1-2 hours before snack on easy to digest carbohydrates e.g yoghurt, bananas, milk, pikelets.

# During – Training

**Aim** : Maintain blood glucose and fuel

**What** : Easily absorbed CHO and fluid

**When**: Approx 1 hour after high intensity. Fluid as required

**How much**: Varies

# After – Training

**Aim:** Replace fluids, muscle glycogen (Energy).  
Protein for repair

As soon as is practically possible after a training session or competitive event eat high carbohydrate and protein foods like milk or milkshakes, low fat yogurts, meat/ fish/ chicken/egg sandwiches, Water or sports drinks

**How much:** Varies



# Supplements



# 2 1/2 cups Milk



- 21.5g Protein
- Potassium and Sodium
- Calcium and Carbohydrate

# 3 Medium Eggs



- ▣ 20g protein
- ▣ B Vitamins
- ▣ Vitamin D
- ▣ Iron

# 100g Tinned Salmon



- 20g protein
- Omega 3
- Vitamin D
- Selenium, Niacin, Iron, B12

# 2 cups low fat yoghurt



- 20 g protein
- Iodine
- Phosphorus
- Vitamin D
- Calcium

# 80g chicken or lean meat



- 20g Protein
- Selenium, Phosphorus
- Vitamin B12, B6, zinc and iron