

Food for sport - tucker talk tips

Summary

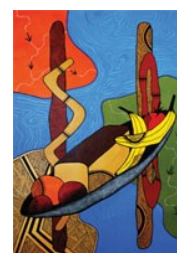
- Good nutrition is important for sports people.
- Carbohydrates play an important part of a sports diet.
- Eating protein helps to build muscle strength and size.
- It is important to drink plenty of water before, during and after exercise.

Good nutrition is important for sports people. Carbohydrate is the most important nutrient for athletes. Athletes should also eat protein and drink plenty of water when exercising.

Good nutrition is important for sports people

If you do lots of sport or exercise, good nutrition can help you to:







- get the best results from training
- perform well in matches or events
- recover properly
- avoid dehydration
- stay healthy and get sick less often.



Carbohydrate is important for sports people

Carbohydrate is the most important nutrient for athletes because it is the main fuel our muscles use when we exercise. If you don't eat enough carbohydrates, you can run out of energy and won't perform well. Eat a high carbohydrate meal before and after playing sport.

Good carbohydrate choices include:

	Bread - especially wholemeal and multigrain breads		Breakfast cereals or porridge
	Dry biscuits or rice cakes		Fruit - especially bananas
	Potato, sweet potato and corn		Rice and pasta, baked beans or lentils

Drinking water while exercising



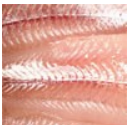



When we exercise, our bodies lose a lot of water through sweat, so:

- It is important to replace this water to avoid dehydration.
- It is important to drink plenty of water before, during and after exercise.
- Try weighing yourself before and after exercise. You need to drink about one litre of fluids for every kilogram you lose. Water is best.
- Sports drinks are useful if you are exercising for longer than 60 minutes.
- Alcohol is not recommended after sport, as it dehydrates you even more and stops your muscles from recovering properly.

Protein is part of a good sports diet

Athletes who are trying to build up their muscle strength and size need to eat protein, but there is no need to eat huge amounts of protein or to buy expensive protein powders.

You can get your protein from:

	Meat - leaner meat such as kangaroo has more protein		Eggs
	Fish – including canned tuna, salmon or sardines		Milk and yoghurt – low-fat milk has more protein
	Chicken and turkey		Baked beans or lentils

Eating some protein and carbohydrate together straight after training will help your muscles recover and grow stronger.

Where to get help

- Your doctor
- Victorian Aboriginal Health Services Tel. (03) 9419 3000 or 132 660 (after hours)
- Victorian Aboriginal Community Controlled Health Organisation Tel. (03) 9411 9411
- Dieticians Association of Australia Tel. 1800 812 942

Things to remember

- Good nutrition is important for sports people.
- Carbohydrates play an important part of a sports diet.
- Eating protein helps to build muscle strength and size.
- It is important to drink plenty of water before, during and after exercise.

Source: this fact sheet is based on the original *Tucker talk tips – fuelling your sport*, 2010 produced by the **Victorian Aboriginal Community Controlled Health Organisation and Department of Health Victoria.**

This page has been produced in consultation with and approved by:

Department of Health and Human Services - Aboriginal health

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