

Can you use this information to design a good meal and snack for a chosen sport?



Food and Drinks for Sports

Find out what food and drink will help you get the most out of your sport and fitness activities.

You should aim to eat a healthy, balanced diet whatever your activity level, as this will provide you with all the nutrients you need.

The [Eatwell Guide](#) shows you how much you should eat from each food group to get the balance right.

<u>Food for energy</u>	<u>Food for muscles</u>	<u>Food before sport</u>	<u>Snacks to avoid</u>	<u>Food during Sport</u>
<p>Starchy and other forms of carbohydrate provide a source of energy the more you exercise, the more carbohydrate you need</p> <p><u>Healthy sources of carbohydrate include:</u></p> <ul style="list-style-type: none"> Wholegrain bread Wholegrain breakfast cereals (including some cereal bars) brown rice Whole-wheat pasta Potatoes (with skins on) Fruit, including dried and tinned fruit 	<p>Eating protein-rich foods will help build muscles</p> <p><u>Healthy sources of protein:</u></p> <ul style="list-style-type: none"> Beans, peas and lentils Cheese, yoghurt and milk Fish, like salmon or mackerel Eggs Tofu, tempeh and other plant-based meat-alternatives Lean cuts of meat and mince Chicken and other poultry 	<p>You should allow about three hours before you exercise after having a main meal.</p> <p>An hour before exercising, having a light snack</p> <p><u>Choose a snack that you'll digest quickly, like:</u></p> <ul style="list-style-type: none"> porridge fruit, such as a banana a slice of wholegrain bread spread thinly with a nut butter a plain or fruit scone with low-fat cheese 	<p>These types of food may cause stomach discomfort if eaten just before exercising.</p> <p>Fatty foods, like:</p> <ul style="list-style-type: none"> chips or french fries avocados olives crisps full-fat cheeses large amounts of nuts <p>High-fibre foods, like:</p> <ul style="list-style-type: none"> raw vegetables high-fibre cereals raw nuts and seeds 	<p>Most exercise lasting less than 60 minutes only requires water.</p> <p><u>If you're exercising for longer, have a quick-digesting carbohydrate such as</u></p> <ul style="list-style-type: none"> an isotonic sports drink a glass of milk a banana dried fruit a cereal or sports bar carbohydrate gel

Water and exercise

Not drinking enough water can have a major effect on your performance. You should start any exercise session well hydrated (drinking water regularly)