

*Eat a variety
throughout the day*

Fruit & veggies

for good health



*Eat throughout the day
and after sport*

Dairy

for bone health,
muscle growth and repair



Top-up

and

fuel right!

**Fuel better performance
and recovery with a wide variety
of food and drinks**

For more information, tips and recipes, see
<https://hw.qld.gov.au/blog/boost-your-recipes>



*Eat before and
after sport*

Grains for energy

*Eat throughout the day
and after sport*

Meat & alternatives

to build and
repair muscles



**health +
wellbeing**
Queensland



**Queensland
Government**



Veggie Burger

Each burger
includes
4 SERVES
of veggies!

Packed with ingredients from
all five food groups, these veggie burgers
are ideal to top-up and fuel right!



Cooking tip

Make burger patties
ahead of time and freeze
– ready to feed the team
on game day.



Storage tip

Save time by preparing
burger patties in bulk,
then freeze for up to
2–3 months.



Scan for recipe

Makes: 4 serves

Recipe produced in conjunction with Nutrition Australia Qld.