

A Better Choice



Sport Nutrition Education Toolkit

Whether the players at your club or association are aiming to go up the elite pathway, just love playing the game or are somewhere in between, nutrition is a crucial element for players to consider.

Use our tips for general training and when preparing for competitions to ensure your clubs are ready to tackle whatever comes at them and come out winning. You can complement this material by also promoting to players the healthy food and drink options you have available at your club canteen or events (if applicable), making it easy for them to fuel up and support your clubs' income'.

For more great resources to support your Club and players, visit <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/>.



A Better Choice



Tips for general training

Share this content with your players at the start and during the season, regularly reminding them to hydrate and fuel up before training to support growth and endurance.

Topic 1

Hydration for general training

Link: <https://hw.qld.gov.au/blog/everything-you-need-to-know-about-dehydration-and-how-to-avoid-it/>



Download
Image Assets



Social media blurb

When it comes to hydration and sport, water is the best choice! Hydration is about ensuring you start off with a body that is hydrated and rehydrate after any fluid loss.

To achieve this,

- Always pack a water bottle, remembering to drink throughout the day before training
- Keep drinking water throughout your training session and after.
- Add frozen fruit or plain sparkling water for variety
- Skip the unnecessary sugary drinks and sports drinks.

Learn everything you need to know about dehydration and how to avoid it from

@healthandwellbeingqld's blog
– <https://hw.qld.gov.au/blog/everything-you-need-to-know-about-dehydration-and-how-to-avoid-it/>

Email/Newsletter blurb

When it comes to hydration and sport, water is the best choice for players and families for many reasons.

1. It improves healthiness and happiness
2. It helps meet your daily fluid needs: Kids need at least 7-10 cups of water, whilst adults need at least 2-2.5L of water a day.
3. It's better for performance: Water is the best drink for hydration and performance. Sports and sugary drinks provide more sugar and energy than is needed when training and playing sport. Water provides all the hydration you need to play at your best and recover like a pro, saving you money as well.

Hydration is about ensuring you start off with a body that is hydrated and rehydrate after any fluid loss. To achieve this,

- Always pack a water bottle, remembering to drink throughout the day before training.
- Keep drinking water throughout your training session and after.
- Add frozen fruit or plain sparkling water for variety.
- Skip the unnecessary sugary drinks and sports drinks.

Learn everything you need to know about dehydration and how to avoid it from Health and Wellbeing Queensland's blog – <https://hw.qld.gov.au/blog/everything-you-need-to-know-about-dehydration-and-how-to-avoid-it/>

A Better Choice

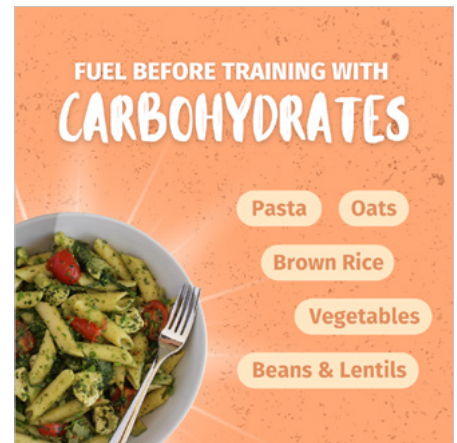


Topic 2

Fueling right before training

Link: <https://hw.qld.gov.au/blog/boost-your-recipes/>

 **Download Image Assets**



Social media blurb

Fueling your game for practice is simple, just make sure you eat a small meal containing breads and cereals, fruit, or vegetables 2-3 hours before practice.

These foods contain carbohydrate that is the fuel our bodies need to create energy. Eating a carbohydrate rich meal before training can help by building up your muscles energy stores ready to be used during exercise. Great meal options for this include wholegrain breakfast cereals, sandwiches, and rice and pasta dishes.

For more healthy training meals check out the delicious and nutritious recipes from [@healthandwellbeingqld](https://hw.qld.gov.au/blog/boost-your-recipes/) – <https://hw.qld.gov.au/blog/boost-your-recipes/>

Email/Newsletter blurb

Fueling your game for practice is simple, just make sure you eat a small meal containing breads and cereals, fruit, or vegetables 2-3 hours before practice.

These foods contain carbohydrate that is the fuel our bodies need to create energy. Eating a carbohydrate rich meal before training can help by building up your muscles energy stores ready to be used during exercise. Great meal options for this include wholegrain breakfast cereals, sandwiches, and rice and pasta dishes.

For more healthy training meals check out the delicious and nutritious recipes from Health and Wellbeing Queensland – <https://hw.qld.gov.au/blog/boost-your-recipes/>

A Better Choice

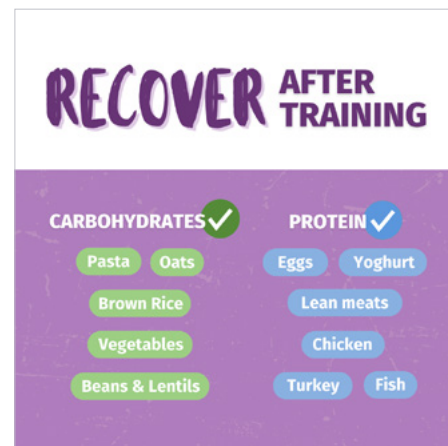


Topic 3

Recover right after training

Link: <https://hw.qld.gov.au/blog/boost-your-recipes/>

 Download Image Assets



Social media blurb

After a training session it is important to fuel with the right stuff to support healthy recovery, meaning you'll feel and perform better at your next session.

For this focus on eating a nutritious meal rich in carbohydrates and protein. The carbohydrate helps to replenish your muscle fuel stores that were lost during training, whilst the protein will promote muscle repair and growth. Great options for this include a fruit smoothie, lean beef or lentil bolognaise, or a simple chicken and salad sandwich.

For more healthy training meals check out the delicious and nutritious recipes from [@healthandwellbeingqld](https://hw.qld.gov.au/blog/boost-your-recipes/) - <https://hw.qld.gov.au/blog/boost-your-recipes/>

Email/Newsletter blurb

After a training session it is important to fuel with the right stuff to support healthy recovery, meaning you'll feel and perform better at your next session.

For this focus on eating a nutritious meal rich in carbohydrates and protein. The carbohydrate helps to replenish your muscle fuel stores that were lost during training, whilst the protein will promote muscle repair and growth. Great options for this include a fruit smoothie, lean beef or lentil bolognaise, or a simple chicken and salad sandwich.

For more healthy training meals check out the delicious and nutritious recipes from Health and Wellbeing Queensland – <https://hw.qld.gov.au/blog/boost-your-recipes/>

A Better Choice



Topic 4

Half time snacks

Link: <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/participants-and-spectators/>

Social media blurb

Extra fuel during training to boost energy levels is not needed for 1 hour or less. When it comes to half time snacks for general training sessions keep it simple and offer fresh fruit, if needed.

See more tips from [@healthandwellbeingqld](https://twitter.com/healthandwellbeingqld) on fuelling right here – <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/participants-and-spectators/>

 Download Image Assets



Email/Newsletter blurb

Surrounding kids with tasty, healthy snacks encourages choices that lead to a healthier generation. Kids burn nowhere near enough energy playing sport to warrant eating snack foods high in fat and sugar such as hot chips, lollies and ice creams.

Extra fuel during training to boost energy levels is not needed for 1 hour or less. When it comes to half time snacks for general training sessions keep it simple and offer fresh fruit, if needed.

See more tips from Health and Wellbeing Queensland on fuelling right here – <https://hw.qld.gov.au/a-better-choice/sport-and-recreation/participants-and-spectators/>

A Better Choice



Preparing for competitions and events

Share this content with your players ahead of big competitions and events when players are on the court, field or track for longer than normal, reminding them to hydrate and fuel up to boost their performance and recovery.

Topic 5

Hydrating before comps and events

Link: https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

 **Download Image Assets**



Social media blurb

Boost your performance at upcoming comps by getting hydration right with these tips –

Junior athletes: Aim for 1.2–1.9 litres/day, more when playing hard.

Adult athletes: 2–2.5 litres/day, extra during high intensity sports.

Pre-event tips:

- Sip water regularly through the day.
- Increase fluid intake with water and plain milk.
- Skip sugary drinks, energy drinks, or sports drinks.

Prepare for success: Hydrate in the days leading up to your comp to get ahead of dehydration!

To learn more, check out @healthandwellbeingqld's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

Email/Newsletter blurb

Boost your performance at upcoming comps by getting hydration right with these tips for athletes of all ages. Fluid Requirements: Junior athletes should aim for 1.2–1.9 litres of fluid daily, increasing during sports activities. Adults require around 2–2.5 litres daily, with increased intake during exercise.

Pre-Game Hydration: Sip water consistently throughout the day and consider incorporating more fluid through water and plain milk into your routine. Avoid sugary, energy or sports drinks which are unnecessary.

Preparation Pays Off: Hydrating in the days leading up to an event can help stave off dehydration during play.

To learn more, check out Health and Wellbeing Queensland's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf.

A Better Choice



Topic 6

Fueling before and during comps and events

Link: https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf



Download
Image Assets



Social media blurb

No time is more important to fuel right than at state or regional carnivals, and competition events. Boost your performance by getting the right fuel in before and during an event.

Before – Eat a small meal containing breads and cereals, fruit, and vegetables, 2 to 3 hours before play.

During – If you are playing for 60mins or less extra fuel isn't needed, but if you are playing for longer than 60-90minutes fuel up with some extra carbohydrates such as fruit, muesli bars, or sandwiches to maintain energy levels.

To learn more, check out @healthandwellbeingqld's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf.

Email/Newsletter blurb

No time is more important to fuel right than at state or regional carnivals, and competition events. Boost your performance by getting the right fuel in before and during an event.

Before: Eat a small meal containing breads and cereals, fruit, and vegetables, 2 to 3 hours before play. Such as breakfast cereal with milk, yoghurt, and fruit; sandwich, rice or pasta dish.

During: Extra fuel during play to boost energy levels is generally not needed for 1 hour or less. Snack on fruit, if needed.

If exercise is longer than 60 to 90 minutes, get an extra energy boost by topping-up with some extra carbohydrates. Fruit, muesli bars, fruit buns or simple sandwiches can be good options.

To learn more, check out Health and Wellbeing Queensland's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

A Better Choice

Topic 7

Hydrating during and after comps and events

Link: https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf



Social media blurb

Hydrating during and after competitions or events keeps your body working at its best.

During the event stay hydrated by:

- Regularly sipping water
- If playing at a high intensity for more than 90 minutes sports drinks can support performance

After the event or competition replenish any fluid loss by:

- Sticking to water, it's the best for fluid replacement
- Snack on fruits and vegetables, especially banana, orange, watermelon or carrot
- Top up with milk-based drinks for hydration and added nutrition great for recovery

Don't play catch up: It is important to stay hydrated, don't wait until thirst kicks in to drink water, by then you'll be playing catch up and your performance will suffer for it.

To learn more, check out @healthandwellbeingqld's new resource on how to fuel right for events and carnivals - https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

Email/Newsletter blurb

Hydrating during and after competitions or events keeps your body working at its best.

During the event stay hydrated by:

- Regularly sipping water
- If playing at a high intensity for more than 90 minutes sports drinks can support performance by providing fluid, electrolytes and a little energy boost.

After the event or competition replenish any fluid loss by:

- Sticking to water, it's the best for fluid replacement
- Skip unnecessary sugary drinks and sports drinks.
- Snack on fruits and vegetables, especially banana, orange, watermelon or carrot, they contain a high proportion of water so are a great tasty way to help your fluid replacement
- Top up with milk-based drinks, such as fruit smoothies, plain or flavoured milk. These not only provide fluids but also nutrition great for muscle recovery and bone health.

Don't play catch up: It is important to stay hydrated, don't wait until thirst kicks in to drink water, by then you'll be playing catch up and your performance and/or recovery will suffer for it.

To learn more, check out Health and Wellbeing Queensland's new resource on how to fuel right for events and carnivals - https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

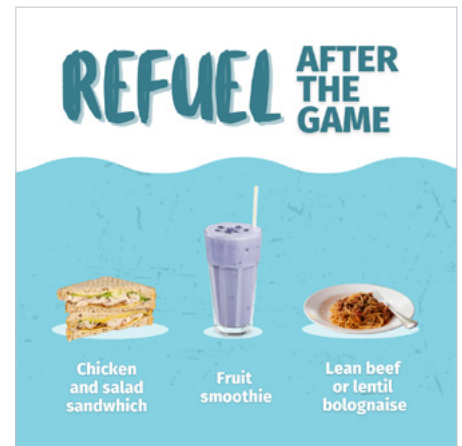
A Better Choice

Topic 8

Fueling for recovery after events and comps

Link: https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

 **Download Image Assets**



Social media blurb

Finish your event like a winner!

After the competition don't forget to refuel with a nutritious meal that contains carbohydrates and protein such as fruit smoothie, lean beef or lentil bolognese, or a simple chicken and salad sandwich.

If you want to keep winning, make sure you have a diet rich in the five food groups to assist recovery in the days following the event.

To learn more, check out @healthandwellbeingqld's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf

Email/Newsletter blurb

Finish your event like a winner!

After the competition don't forget to refuel with a nutritious meal that contains carbohydrates and protein such as fruit smoothie, lean beef or lentil bolognese, or a simple chicken and salad sandwich. Aim to refuel within an hour after you've finished playing.

A meal rich in carbohydrate sources consumed soon after exercise will replenish the muscle fuel stores that were lost during the event. Whilst having a good source of protein after a sporting activity helps promote muscle growth and repair.

If you want to keep winning, make sure you have a healthy diet rich in the five food groups (breads and cereals, fruits, vegetables, lean meat and alternatives, and dairy and alternatives) to assist recovery in the days following the event.

To learn more, check out Health and Wellbeing Queensland's new resource on how to fuel right for events and carnivals – https://hw.qld.gov.au/wp-content/uploads/2024/06/ABC-Sport_Healthy-Carnivals-and-Events_-for-players.pdf