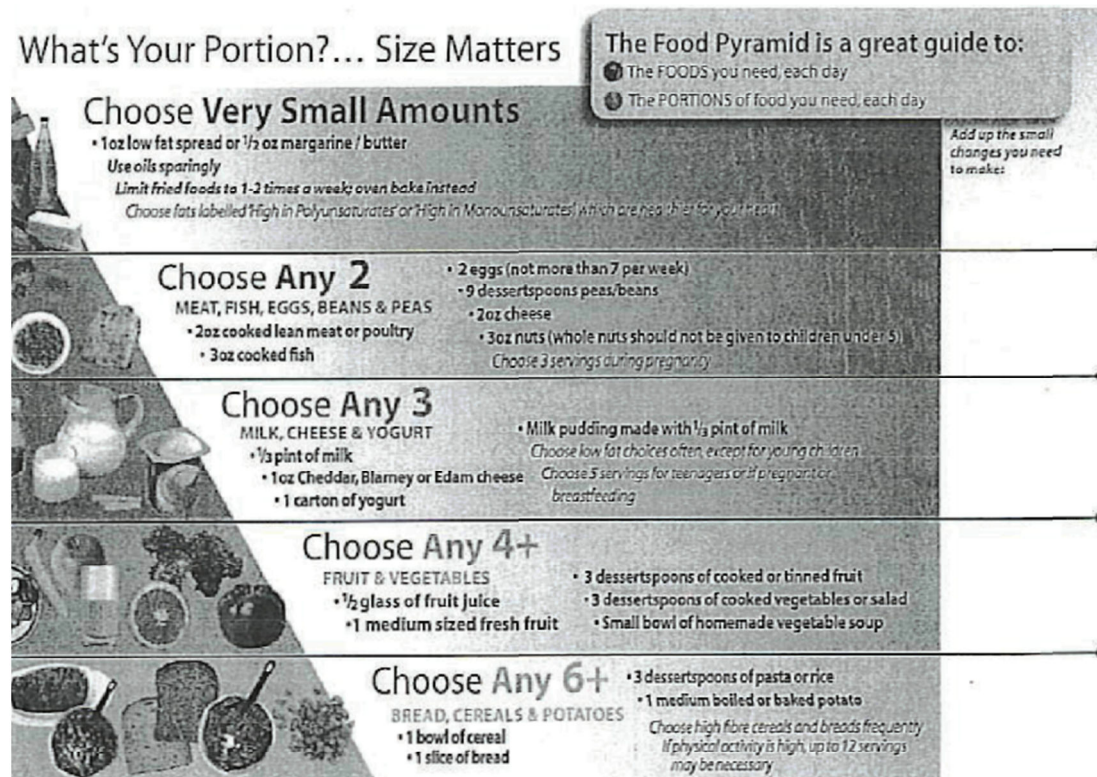


THE FOOD PORTION PLATE

Recommended quantities of different food types



FOR YOUNGER CHILDREN, START WITH SMALLER AND FEWER SERVINGS AND INCREASE TO THE RECOMMENDED GUIDELINES, ACCORDING TO THE CHILD'S OWN GROWTH AND APPETITE. DRINK WATER REGULARLY- AT LEAST 6 CUPS OF FLUID A DAY

EATING RIGHT FOR SWIMMING: A GUIDE FOR PARENTS

THE IMPORTANCE OF BREAKFAST

- Breakfast is THE most important meal of the day!
- The role of breakfast is to fuel the body for the entire day.
- A good (and big) breakfast will contain food that releases its energy slowly.
- Examples of good breakfasts include cereal, porridge, baked beans on wholemeal toast, and fruit juice.

HOW OFTEN SHOULD YOUR CHILD EAT?

- Children should eat little and often,
- Make good use of breaks at school for them to refuel and keep energy levels high.
- Try to avoid snacks such as crisps, chocolates and sweets. While these are high in energy, the type of energy only lasts for a short period of time (resulting in energy dips!).
- Ensure that snacks are low in sugar and healthy. Examples include popcorn, fresh fruit, dried fruit and nuts (lots of good fats),

HYDRATION

- Dehydration seriously affects performance.
- It can cause premature fatigue and hinder recovery.
- Your child should be trying to drink between 8 and 10 cups/glasses of water every day.
- A sports drink or water should also be consumed during training and matches, especially when it's hot.

FUELLING FOR TRAINING AND COMPETITION

BEFORE TRAINING OR A COMPETITION

- Ensure your child eats a diet low in fat and avoids foods high in sugar-
- Suggested foods for match days include pasta and brown rice (for afternoon matches) or porridge for breakfast.

AFTER TRAINING OR A COMPETITION

- It is important to refuel straight after training/matches.
- As soon as possible, but preferably within half an hour, foods such as bananas, Jaffa Cakes and Jelly Babies should be consumed.
- Post-match meals should contain medium-to-high levels of sugar to replace fuel used, e.g. white rice and baked potatoes.
- Avoid fast foods as these are high in fat and low in carbohydrates,

USEFUL RESOURCES

FOOD STANDARDS AGENCY
www.eatwell.gov.uk/

CHANGE 4 LIFE
<http://www.nhs.uk/Change4life/Pages/Default.aspx>

LUCOZADE SPORT SCIENCE ACADEMY
<http://www.lucozade.com/sport/sport-science/sports-nutrition/Default.aspx>

FOR FURTHER ASSISTANCE

Podium Performance

<http://www.podium-performance.co.uk>