

EAT WELL



HAVE FUN

BE ACTIVE

FUELING TIPS FOR STUDENT ATHLETES

EAT RIGHT! PERFORM BETTER!

ENERGY: Eat yam, dasheen, cassava, whole grain bread, pasta, rice, cereals, low fat milk and fresh fruit. Healthy sources of fat: nuts, nut butter, avocado, olive oil, and fatty fish like tuna, sardines and mackerel.



PROTEIN: lean meat, chicken, fish, eggs, beans, nuts and low fat milk.



SNACK: Athletes should have healthy snacks before, during and after sports events. Eat carbohydrate rich snacks such as bread, fruit or granola bar before events. After an event, have a snack of combined carbohydrate with protein for energy replenishment and muscle repair. Also have a liquid snack before and after training or competing like plain or flavoured milk, smoothies or punches and milkshakes.



IRON: Callaloo and other dark green vegetables, dry beans and peas, lean meats and poultry, cereals and fortified grains. Remember to take plant sources of iron in combination with Vitamin C rich foods, like fruits to increase absorption. Check iron levels before competing.



CALCIUM: 9-18 year olds need about 1300 milligram daily. Eat Low fat milk, cheese, fortified Soy and Almond milk, sardine with bones, dark green leafy vegetables.



STAY HYDRATED

Drink at least 8 glasses of water every day

Eat fresh fruits and veggies with high water content like watermelon, cucumber, tomato, lettuce, cabbage, grapefruit or cantaloupe.

Drink water often don't wait till you are thirsty

REMEMBER! PLAIN WATER IS ALWAYS THE BEST CHOICE.



GET ENOUGH SLEEP

You'll perform better if you are well rested.

😊 9-10 hours sleep daily will improve your performance.

😊 Include sleep in your training schedule.

😊 Increase your sleep time several weeks before a big competition.

😊 Go to bed and wake up at the same times every day .

DON'T FORGET

EAT CARBOHYDRATES EVERY DAY

for energy to fuel your performance

EAT HEALTHY FATS for extra energy

EAT PROTEIN for muscle repair

EAT IRON for proper circulation of oxygen

EAT CALCIUM for strong bones, muscle function & preventing stress fractures

Consume pre- game /practice snacks 1-2 hours before

Balanced meals 2-4 hours before to allow for digestion

HAVE ALL 3 MEALS DAILY

MAKE YOUR OWN HEALTHY SPORTS DRINK!

CASSAVA CHILLER INGREDIENTS

8 oz cassava cooked and pureed
1 cup passion fruit juice
½ cup lime juice
4 cups water
½ tsp salt
3-4 Tbsp sugar

METHOD

Chill juices and cassava puree. Mix together and blend well. Add salt and sugar. Serve chilled.

MANGO ADE INGREDIENTS

2 cups mango puree
Juice of 2-3 limes
4 cups water
½ tsp salt
Sugar for sweetening

METHOD

Blend or grate mango to make puree. Add water and lime juice. Strain. Add salt and sugar. Serve chilled.

