



Nutrition for Training and Recovery

To get the most out of your sport, you must have the energy to train at your best. The following tips are suitable for Nippers as well as anyone who is training at the Surf Club, including the master's group.

Before training it's best to consume a meal or snack made up of carbohydrates, both fast and slow releasing. This will stock up muscle fuel stores, which is what gives you the energy for hard exercise. After training, you want to consume carbohydrates to refill muscle fuel stores as well as high quality protein foods to help your muscles recover, grow and become stronger.



Early Morning Training

Before: If eating before an early morning training session makes you feel uncomfortable aim for a small snack before bed to top up your muscle fuel stores. A glass of milk or small serve of yoghurt with berries is a great top-up as it contains carbohydrate and protein.

If you can stomach a small snack in the morning, try one of these energy boosting **options/choices**:

- Small bowl of quick oats and banana
- A glass of fruit Smoothie
- Slice of toast or fruit toast with a spread

During: **Always** bring a drink bottle filled with water to training. Try your best to have a few drink breaks throughout the session.

After (Breakfast):

- Fruit salad and Yoghurt
- Wholegrain cereal (Granola), milk and Yoghurt
- Eggs on Wholegrain toast
- Veggie ~~Omelette~~**Omelette** with toast
- **Fruity French Toast**

Recipe

Fruity French Toast: Beat 1 free range egg in a shallow container. Soak a piece of fruit bread (or normal bread) in the egg until both sides are covered. Heat a non-stick fry pan over high heat. Cook the bread in the pan, flipping over until both sides are cooked through and no egg moisture remains. Serve with low fat yoghurt, cinnamon and your choice of fruits.



Afternoon Training

Before: If you come to training straight from school (or work) make sure you pack an extra snack before training such as a piece of fruit. If you enjoy baking, you could make a batch of fruit or savoury muffins or some homemade muesli bars to take as pre-training fuel.

If you go home before coming to training you could make a small fruit salad, a piece of toast or a crumpet, or a few wholegrain crackers with cottage cheese and tomato. The early morning options listed in the previous box could also be used.

During: **Always** bring a drink bottle filled with water to training. Try your best to have a few drink breaks throughout the session.

After: If you aren't having dinner for a couple of hours after training, fit in a small snack as soon as you can such as a glass of milk or a small tub of fruit yoghurt.

Refuel your body with a healthy dinner. Below are some good options that include carbohydrates and high-quality protein. Don't forget to include plenty of veggies!

- Baked potato/sweet potato with your choice of topping such as shredded chicken, low fat cheese or Greek yoghurt, grated carrot, sautéed mushrooms and onions and coleslaw.
- Pasta dish with tomato-based meat and vegetable sauce. Serve with a sprinkle of low-fat cheese.
- Chilli con carne with basmati or brown rice
- Homemade pizzas

For a refresher on the 5 food groups and the recommended serves per day for children and adults visit the General Nutrition Infographic **[ADD LINK](#)**.

For more information on sports nutrition and some great recipes for you to try, visit the Sports Dietitians Australia website <https://www.sportsdietitians.com.au/>

Formatted: Space After: 0 pt

