



LIVE



PERFORM



Be Well

Fuelling your child during training on weekdays

An inability for young athletes to consume the right nutrition around their training on a regular basis can result in reduced performance, tiredness and injuries such as stress fractures.

Furthermore, the timing of meals and snacks can be difficult with parents rushing from work to get their child to training and active, busy kids trying to juggle school, homework, training sessions for other sports and competitive sessions.

Convenient, nutrient dense snacks are the key to ensure young athletes consume sufficient calories to not only get them through their training, but also assist in a quicker recovery.

Snacks can include:

- **Low fat yoghurt**
- **Sandwich with 40-50g of protein**
- **A glass of milk with a piece of fruit**
- **30-40g of unsalted nuts**
- **Dairy based popper**
- **An egg on toast**



These foods should be consumed 60-90mins before the training session if possible to ensure they are adequately fuelled for their sessions and do not feel sick during exercise.

For further information or advice, please contact Ryan Pinto, Dietitian at Lifestyle and Sports Physiotherapy on (02) 4647 3373.



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