

## SPORTY CHILDREN

### What to feed your junior athlete before, during and after training.

Please bear in mind that some of the suggestions I make may not work for your family, perhaps you don't eat dairy as someone may be lactose or wheat intolerant, but I am making a number of suggestions, so if one doesn't suit, move to another that will.

### BEFORE TRAINING

Foods to be eaten two or more hours before training or game. These food need to be high in carbohydrate and low in fat. The reason for this is carbohydrates are easily and rapidly absorbed and quickly release energy. Low fat because fat is very slowly metabolised and a high fat meal will sit in the stomach throughout the sporting event and make a player full and uncomfortable.

Cereal and milk

Yoghurt

Fruit

Toast, crumpets, toasted muffins, baked beans on toast

Pasta with a tomato based sauce

Creamy rice

Banana and honey sandwich

Pancakes with maple syrup or fruit spread

Plain noodles in chicken stock.

Plenty of fluid is always important, water of course, fruit smoothies, Sustagen.

### EATING AND DRINKING DURING SPORT OR TRAINING

Children lose fluid through sweat, so it is important to drink during a break, water, sports cordial for example. Sports drinks are good just before, during and after strenuous exercise.

### GOOD FOOD FOR HALF TIME

Fruit or energy bars  
Bananas, oranges, rice crackers  
White bread with honey or jam  
Pikelets  
3-4 snakes.

### RECOVERY

It is very important to rehydrate at this time. Sports drinks and water are best.

### FOOD TO EAT IMMEDIATELY AFTER EXERCISE

Bread with honey or jam  
Breakfast bars  
Rice Cakes with jam  
Pineapple, rockmelon, watermelon, ripe banana.

### FOOD TO EAT 2-3 HOURS AFTER EXERCISE

Fruit, fresh or dried  
Low fat fruit yoghurt  
Fruit smoothie or milkshake  
Rice crackers or dry biscuits with cheese  
Toast or bread with honey or jam  
Toasted muffins/crumpets  
Homemade pizza or low fat sausages in bread  
Pasta with low fat sauce, bolognaise or tomato  
Rice with meat and vegetables.

Children who compete in sports often experience “nerves” before events. This is sometimes in the form of tummy pains or bad dreams or worrying or crying or having tantrums or any number of different manifestations. This can make things very difficult for the parents and the child. It is good to know that a trip to your Naturopath for an individually prescribed remedy of Flower Essences can calm the situation for all concerned.

As a good interim measure, it is a good idea to have a bottle of Bach Flowers Rescue Remedy on hand. A few drops of this when the stress levels soar will restore calm within minutes. Bach Flowers Rescue Remedy is available at any health food shop.