


GRAB'N GO FOR JUNIOR SPORT


To help with the weekend sport rush, we've put together a few tips to fuel your kids up with every day healthier food choices.

FUELLING THE MORNING OF

 **TIP Choose wholegrain breads and cereals, include some fruit and milk or yogurt**

- Cereal with chopped fruit and milk
- Muesli with fresh fruit and yogurt
- Baked beans on wholegrain toast
- Fruit smoothie (try adding a weetbix or a handful of quick oats)
- Wholegrain toast with peanut butter and banana slices

YOUR MEAL AFTER THE GAME

 **TIP Choose wholegrain breads, include some protein and vegies**

- Grilled chicken breast on a roll with salad
- Toasted sandwich (get creative)
- Hot soup with toast
- Pasta with a tomato-based sauce and grated cheese
- Vegie stir-fry with rice or noodles
- Salad wrap with lean meat, hommus, cheese or egg

WATER THE ORIGINAL ENERGY DRINK!

- Drink water before, during and after sport
- Remember your drink bottle

NEED TO PROVIDE HALFTIME SNACKS?

- According to Sports Dietitians Australia fruit and water are the best choice