

BEFORE SPORTS

Foods rich in good sources of **carbohydrates** are fuel for working muscles. Providing the energy we need to perform at our best.



Milk drinks such as Up & Go



Wholegrain wrap with lean meat & vegies



Chia pudding with fruit



Rice cakes with cream cheese

DURING

Hydration is key. Drink water before, during and after exercise. While **fruits** can help with **hydration**, they also provide an energy boost.



Water



Fruit



Muesli bar

AFTER

Aim for balanced snacks or meals with **protein**, **carbs** and **fats** to help with recovery. **Protein** helps with muscle repair & growth & healthy **fats** for overall health.



Poke bowl with grains and a protein



Sushi rolls



Stir fried chicken and vegetables



Wholegrain chicken sandwich