

Food as fuel checklist for athletes:

When you are moving your body and being physically active you need to make sure you are fuelling it enough so you have the energy to get the most out of your training and competitions.

The importance of food as fuel for training, performance & recovery

Try to get familiar with the different types of food groups (carbs, proteins, fats) and the role they play in your active lifestyle.

Always fill your plate with a mix of all food groups, and try to 'eat the rainbow' to ensure you are getting lots of important fibre, vitamins and minerals.

More resources:

- An [infographic](#) on great foods to eat before/after training and games
- Our top [5 tips](#) on food as fuel

Listening to your body's signals

Pay attention to your hunger and thirst cues, or use your energy levels to check to see if you are fuelling enough. This will help ensure that you are fuelling your body so it can fully recover after training and matches.

Hydration, hydration, hydration

It's important to drink enough water throughout the day, especially pre and post exercise (generally between 2-3 litres).

An easy hack is always have a water bottle in your training bag and make sure to refill it whenever you have the chance.

Bottom line, you should be drinking water steadily all day and your pee should be clear to pale yellow.



Acing your nutrition

The best place to start is by talking with your coach, parent or guardian about working on your nutrition. It's normal if you feel you're starting from scratch, everyone starts there.

If you are learning about nutrition through social media make sure it's from a reliable source (an actual sports nutritionist!).

Best fuelling hacks

Plan, plan and more plans. Plan your meals out, plan ahead for what training you're doing and what you'll take in your kit bag to eat after.

As a fall back it's always a good idea to have some snacks in your training bag, energy bars, nuts, seeds and trail mixes are great as they have a long shelf life.



**If you are unsure of any of the information above make sure to check out the nutrition resources [here](#).*

