



Grub

General meals

If you do lots of sports and activities, you should make sure you eat balanced, healthy meals to keep you in top condition. Just over half your plate of food should be carbohydrates giving your body energy, so try pasta, rice and potatoes. Protein can help your muscles recover and grow stronger. You can find protein in meat, fish, chicken, eggs, cheese or pulses (beans, lentils etc). Aim to eat at least five portions of fruit and vegetables a day to give your body the vital nutrients it needs to grow and stay healthy. Try to get as many colours of the rainbow from your fruit and veg:

Green: Broccoli, lettuce, green beans, green apples

Blue/Purple: Blueberries, plums, purple grapes

Orange/Yellow: Carrots, apricots, peaches, oranges

Red: Tomatoes, cherries, strawberries, red apples, red peppers

White: Cauliflowers, bananas, onions, potatoes

Breakfast

It is extremely important to eat breakfast every day! Cereals or toast with honey or jam can give you the energy you need, and will stop you wanting to snack on sweets and chocolate later. Wash it down with fruit juice and you've also had your vitamin C – and one of your five a day!

Drinking

Try not to drink too many sugary or fizzy drinks, as they can rot your teeth.

Always check the colour of your urine when you go to the toilet - it should be the colour of straw. If it is too dark, it probably means you are dehydrated and not drinking enough water! Drink plenty of water, before and after training or matches.