

Nutritional Guidelines for Sport



Food Group	Major Nutrients Supplied	Recommended Daily Amounts
Milk, Yogurt, and Cheese Group	Provides calcium. Also contains protein, vitamin A, and riboflavin (B ₂).	3 servings <i>1 serving is</i> <ul style="list-style-type: none"> • an 230ml glass of milk • 230g of yogurt • 40 g of natural, unprocessed cheese
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	Good source of protein. These foods also contain thiamin (B ₁), riboflavin (B ₂), niacin, iron, and zinc.	2 to 3 servings <i>1 serving is</i> <ul style="list-style-type: none"> • 80g of lean, cooked meat • 2 eggs • 1 cup of cooked dry beans, peas, or lentils • 4 tablespoons of peanut butter
Fruit & Vegetable Group (All vegetables--including dark green, deep yellow, and starchy vegetables--and their juices)	Provides vitamins and minerals that complement other food sources. Good sources of Vitamin C include tomatoes, broccoli, brussel sprouts, citrus fruits and their juices, melons, and strawberries. Good sources of Vitamin A include carrots, broccoli, spinach, greens, pumpkin, sweet potatoes and apricots	5 to 9 servings <i>1 serving is 80g of any of the following</i> <ul style="list-style-type: none"> • 1 apple, banana, pear, orange or other similar sized fruit • 2 plums or similar sized fruit • ½ a grapefruit or avocado • 1 slice of large fruit, such as melon or pineapple • 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned) • 3 heaped tablespoons of beans and pulses (however much you eat, beans and pulses count as a maximum of one portion a day) • 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit • 1 heaped tablespoon of dried fruit (such as raisins and apricots) • 1 handful of grapes, cherries or berries • a dessert bowl of salad • a glass (150ml) of fruit juice (however much you drink, fruit juice counts as a maximum of one portion a day)
Bread, Cereal, Rice, and Pasta Group (All whole-grain and enriched breads and cereals, such as cooked or ready to eat cereals, bread, macaroni, grits, spaghetti, crackers, noodles, and rice)	Contributes complex carbohydrates (starch and fibre) and significant amounts of protein, B vitamins, and iron. <i>Meal containing a high proportion of complex carbs should be taken 2-3 hours prior to competition.</i> <i>High carb. snacks (eg banana) should be taken if there is a gap of 1-2hours between matches</i>	6 to 11 servings. <i>1 serving is</i> <ul style="list-style-type: none"> • 1 slice of bread • 1/2 hamburger bun or English muffin • 1 small roll, biscuit, or muffin • 3 to 4 small or 2 large crackers • 1/2 cup cooked cereal, rice, or pasta • 30g ready-to-eat breakfast cereal
Fluids	Water <i>500ml should be taken 2 hours before competing and a further 500ml 15 – 30 mins before playing</i>	1.2 litres Plus 230ml for every 20-30 mins of exercise

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