

Another Weekly Update from 'H' and 'J'...



Eating for Sport

What to eat

Eating a healthy balanced diet will provide you with all the nutrients you need to take part in your favourite sport or activity. If you take part in a sport regularly, the best way to get the most out of your sport is to:

- be the right weight for your height
- drink plenty of fluids
- eat enough carbohydrate to keep you going during exercise
- eat plenty of wholegrain breads and cereals, fruit and vegetables and moderate amounts of milk, yoghurt and cheese, lean meat, fish, poultry, eggs, nuts and pulses
- eat enough food for your level of activity - if you eat too little then you won't be able to keep up your exercise levels



Also, for the first 2 hours after exercise, muscles can refuel their glycogen stores twice as fast as normal, so it's important to eat carbohydrate-containing foods as soon as possible after a workout or exercise session.

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