

MAKE A PERFECT TEAM!

Choose a variety of foods

Food for Every Part of your Body

To remain **healthy, fit and active**, your body needs to get a number of different compounds from your diet. Depending on their composition, foods can be classified into 4 food groups, each playing a different role in the human body.

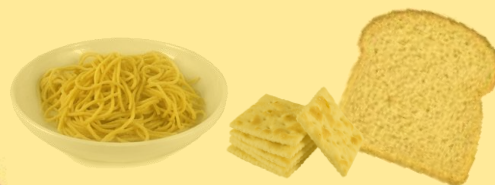
Fruits & Vegetables

Perform **CHEMICAL REACTIONS** in your body and prevent disease



Grain Products

Provide you with fuel that your brain and cells need for **ENERGY**



Milk & Alternatives

Build strong and healthy **BONES**

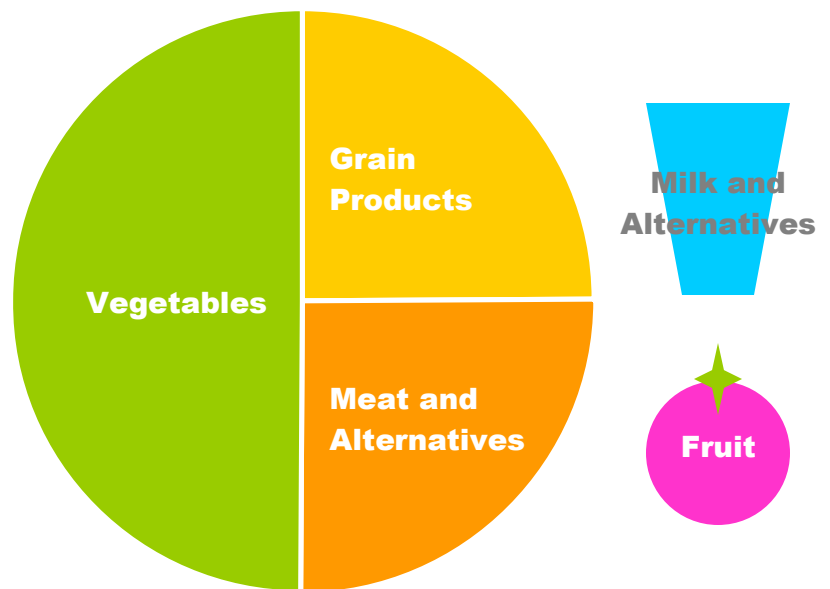


Meat & Alternatives

Build **MUSCLES** and enhance training capacity

Building a PERFECT MEAL!

To make sure your body gets all the compounds it needs, always choose food from all of the 4 food groups and keep to the proportions suggested by the **Healthy Plate Model**.



5 Tips for Tournaments & Competitions

1. Maintain your usual habits

On the day of the event, maintain your normal dietary routine and choose familiar foods in order to avoid any possible discomfort. **Never introduce a new food on the day of the event!**

2. Allow time for digestion

Plan your meals according to the time left before the event. Allow...

- 3 to 4 hours to digest a large meal;
- 2 to 3 hours to digest a medium meal;
- 1 hour to 30 minutes to digest a snack.

3. Choose easy to digest food – Stay away from fat and sugar!

Foods which are high in **fat** (e.g. fries, chips, creamy sauce, etc.) take long to digest and those which are high in **simple sugar** (e.g. soft drinks, slushies, sweets, etc.) will only give you energy over a very short period of time.

4. Start-off well hydrated

Drinking enough water is essential to staying alert! Drink...

- 2 cups **2 hours prior** exercising;
- 1 to 2 cups **½ an hour prior** exercising;
- ½ to 1 cup **each 15 minutes** while exercising.

5. Replenish energy stores between events

- LESS than 90 minutes before the next event:** Enjoy a delicious snack such as an apple and a yogurt or a peanut butter banana sandwich and water.
- MORE than 90 minutes before the next event:** Have a small meal containing all food groups and water!

