

A DAY IN THE FIELD

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- Eating on the day of the competition is important to prevent hunger before or during activity and to help supply fuel to muscles during the day.
- High-fat and high-protein foods should be avoided because they take longer to digest than carbohydrate foods and therefore can cause indigestion and nausea.
- Avoid excessive amounts of simple carbohydrates or sugars, e.g. sweets, candy and soft drinks before exercise. Complex carbohydrates will be a better choice, e.g. bread, pasta and crackers.
- In situations where nervousness or excitement decreases appetite, meal replacements or flavoured milk can be used as a liquid meal.
- Remember breakfast stays the most important meal. Try to eat your normal breakfast before leaving home. Remember to drink at least two cups of fluid with the meal.

Breakfast Options

- Cereal with milk, fruit and yoghurt and a glass of juice
- Toast with peanut butter or low fat cheese and tomato with a glass of milk
- Toast fingers with boiled eggs
- Tinned spaghetti on toast with flavoured milk
- Banana and peanut butter on toast with a glass of milk
- Scrambled eggs with creamed corn on toast and a glass of juice
- Crumpets with honey and a tub of yoghurt with a glass of juice



- If you have to travel long distances or need to make an early start before a game, pack some breakfast-on-the-run foods.

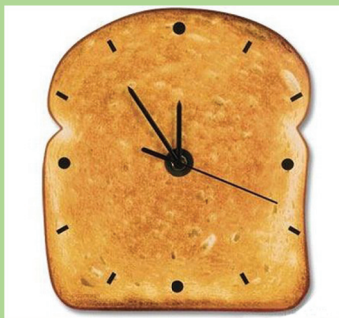
ON THE RUN BREAKFAST CHOICES

- Bokomo up and go
- Mix pronutro or future life with a lot of milk in a mug and use it as a drink
- Drinking yoghurt, flavoured milk or a box of milo
- Prepare a smoothie the night before – Blend fresh fruit, e.g. banana, yoghurt, milk and a tablespoon of honey together
- Bake whole wheat pancakes and keep in fridge; use cut banana with a tablespoon of honey as a filling
- Prepare snackwiches the night before and grab one on the way



- Check the time schedule of events and plan snacks and meals as follows:

No time between events: A sports drink only



Limited time – less than 1 hour between events: Take fluids – water and sports drink are important to include for hydration and an energy top up. A small amount of a low fat snack food may be included if hungry. Choose fruit (fresh, canned or dried) or a cereal bar; crackers or a small amount of jelly sweets.

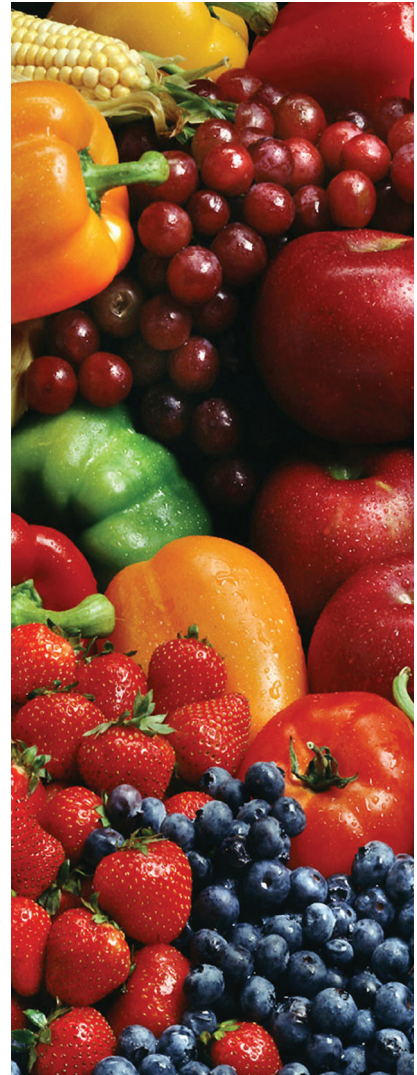
Plenty of time – 1-2 hours between events: Include fluid – water, sports drink, fruit juice, smoothie, liquid meal, but avoid soft drinks with bubbles. Snack on cereal bars, sandwiches, rice – or pasta salad or crackers.

Longer than 2 hours between events: Top up on fluids and include a more substantial snack or a light meal.

- Don't rely on the canteen or vending machines to supply suitable snacks and drinks, as healthy choices are not always available.
- Be prepared by taking your own snacks and drinks supply.
- Always pack two drink bottles – one for water and the other with sports drink.
- Take a top up supply of cooled water, juice and flavoured fluids.
- It is always a good idea to include a little solid food with fluids if time permits.

Cooler Box Meal Ideas

- An extra cereal or energy bar with fruit juice
- Crackers with cheese wedges and cordial
- Packet of popcorn or pretzels with a few biltong sticks and cordial
- Bread roll with peanut butter and a fruit
- Jaffles with low fat mince
- Chicken wraps
- Homemade burgers
- Blend ripened, leftover fruits with 100% fruit juice and freeze as ice lollies
- Trail mix – blend of unsalted nuts, seeds and dried fruits
- Melba toast with dips, e.g. avocado or low fat cottage cheese



Cooler Box Snack Ideas

- Flavoured milk
- Liquid meal replacement, e.g.
- Ensure or Nutren Active
- Bokomo Up 'n Go
- Sports drinks or cordial
- Jelly sweets
- Water
- Jam or honey sandwiches
- Fruit juice
- Fresh fruits
- Raisins
- Bread roll with banana
- Cereal bars
- Banana or date loaf or muffins

- Make better choices from the food available

IT IS A MATTER OF CHOICE			
SWAP THIS		FOR THIS	
Hamburger with salad, cheese, egg and bacon + small Chips + can of Soft Drink	4 535 kJ 56 g Fat	Hamburger with one Meat Patty and Salad + can of Diet Soft Drink	1 675 kJ 17 g Fat
Half a medium Pizza	2 510 kJ 26 g Fat	BBQ Chicken Wrap	906 kJ 7 g Fat
Meat Pie	1 880 kJ 24 g Fat	Hot Dog	1 170 kJ 18 g Fat
50 g Bag of Chips + 55 g Chocolate Bar + Can of Soft Drink	2 860 kJ 30 g Fat	Ham Sandwich and Coffee	1 325 kJ 18 g Fat
Sausage Roll and a can of Soft Drink	2 215 kJ 28 g Fat		

BEST SOLUTION: Plan and Pack!