

A netball nutrition guide just for teens





Let's face it -
you're pretty unique

Not only are you keeping up with the demands of netball and training – perfecting your shots or nailing that centre pass – but you're managing to pull this off while juggling studies, friends and family. And all with a body that's screaming out for extra energy and nutrients to fuel growth spurts. That's a tough balance!

To be able to perform to your full potential, on the court and off, it's super important to enjoy wholesome foods. By that we mean a healthy diet full of fresh fruit and veg, wholegrains, legumes, nuts and seeds, meat and fish, dairy foods and healthy fats.

Eating right can make you feel happy, strong, fearless and motivated to achieve your dreams – no matter how big they are!

So to help teach you some awesome food habits that will help you get the most from your body every day, Netball Australia has teamed up with Aussie Apples – because let's face it, there's nothing like crunching on an apple to feel great.

Together they have created *Game On! A netball nutrition guide just for teens* and have called on the best in nutrition and netball know-how to share their knowledge.

Our experts

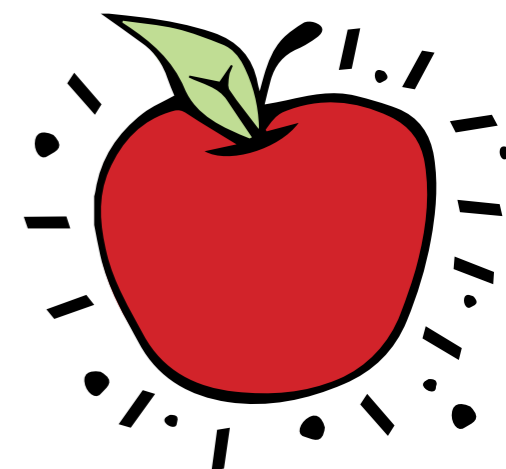


Dr Joanna McMillan
Dietitian

Dr Jo is one of Australia's most well known dietitians - in fact you may have seen her on the Today Show. She believes as well as eating healthy, we need to enjoy our food and celebrate meal times with friends and family.

Kerry Leech
Dietitian

Kerry Leech was actually a state netballer herself! Now a sports dietitian, Kerry is the go-to nutrition expert for the country's best netballers, including the players on the Australian team, the Diamonds.



Fuel up AND feel great

Just like an elite player, you need the right fuel to keep up with the opposition, pass to perfection and shoot with accuracy.

In fact, eating the right foods and drinking plenty of water not only impacts how well you play but also your ability to train, recover and be at your best – whether that's at school, home or on the court.

Did you know?

9 out of 10 girls believe eating whole foods improves your health and makes you feel good.¹



How does a healthy diet fuel your body?



Keeps you alert and speedy

Powers your brain and muscles

Builds strong bones

Helps your muscles recover and repair

Helps your body grow tall and strong

Gives you energy to win tough matches

Boosts your immunity so you don't miss matches with the sniffles

Food facts

Enjoying good food every day will help you play better and recover quicker. It's good to eat a wide variety of healthy foods including plenty of carbohydrates for long-lasting energy, protein for muscle growth and recovery, as well as healthy fats. And don't forget to drink lots of water!



Carbohydrates

- Carbohydrates are an important source of energy, especially when playing high intensity sports like netball.
- Your body breaks down carbohydrates into a type of sugar called glucose – this fuels your brain and muscles.
- Your body stores limited amounts of carbohydrate, so it's good to top up these fuel stores especially before exercise.
- Too few carbs could leave you tired, struggling to concentrate, and battling to recover after a game.

Eat:

- Some carbohydrate foods release energy slowly and are ideal to eat 2-4 hours before exercising. These are wholegrain foods like bread, pasta and cereal; fruits like apples, oranges and grapes; beans, lentils and starchy vegetables, as well as dairy foods like milk and yoghurt.
- Others are fast-acting carbohydrates and they give you a quick burst of energy. These foods are great for topping up your energy level during or after a game. They include watermelon, rockmelon, most rice and potatoes.

Protein

- You often hear a lot about protein when it comes to sport and training.
- Protein is vital for growth and helping your muscles recover after a game or training session.
- When you are still growing you need a little more protein than normal, but it is easy to get enough from what you eat. With a healthy diet, there's no need for protein powders, shakes or bars.

Eat:

- Good sources of protein are eggs, lean meat, fish and dairy foods.
- Some plant foods also contain protein, especially beans like baked beans, chickpeas and lentils, and nuts and seeds.

Healthy Fats

- You actually need a small amount of fat every day.
- Healthy fats provide energy and help your brain as it grows and changes through puberty.
- They help your body absorb vitamins A, D, E and K, which are important for eyesight, strong bones, and healthy skin.

Eat:

- Healthy fats are monounsaturated and polyunsaturated fats. You'll find these in avocados, nuts, seeds, extra virgin olive oil and oily fish like tuna and salmon.
- There are also "bad" fats such as trans fats and saturated fats that come from animal fats and highly processed foods like/such as biscuits, cakes and fast food - we shouldn't eat too many of these.

Fluids

- Netball is fast-moving and you need to be well hydrated before a game or training, so sip mouthfuls of water often throughout the day.
- During a game, top up with small sips at each break.
- After the game, replenish your body with a big drink.
- Being dehydrated can slow you down, reduce your shooting accuracy, and impact your ball skills. It can also make you dizzy and increase your risk of cramping up on court.

Drink:

- Water is always best, there's no need for sports drinks for regular matches or training.
- After a game, flavoured milk or even soup can help provide fluids, as well as protein and carbohydrates.
- Avoid soft drink before, during or after exercise as they can upset your stomach.
- Drinks that contain caffeine, such as coffee and energy drinks, should also be avoided.



MM GAME DAY

by Caitlin Thwaites

As a powerful goal shooter for the Diamonds, it's important Caitlin Thwaites feels good and is at the top of her game when she runs out on court. So, what are her favourite ways to feel supercharged and unstoppable on game day?

Caitlin says...

Eating well on game day is pretty huge – not only do you want to have enough fuel to keep your body going physically, you also want your brain functioning at its best so you can make the best decisions when you're under pressure.

I'll start game day with a big breakfast to set me up well for the day. A poached egg on toast with some avocado and mushrooms is perfect.

Lunch all depends on what time we play. If it's a night game, I'll have a big lunch but if it's an afternoon game, I'll opt for something smaller.

Ideally I want to have a bigger meal 3-4 hours before I play and then a piece of fruit like an apple beforehand. A good salad sandwich with some ham or chicken is great, or a salad with some quinoa for a bit more sustained energy.

During a game, the Australian team has energy gels to give us a boost at half time. But when I was on the bitumen courts on a Saturday afternoon, I'd grab a piece of fruit instead of lollies because I'd noticed fruit gave me more energy.

Growing up, I remember mum would make a nice big bowl of soup with some crusty bread for after the game. Yum!





Feel good foods

Eating healthy food makes you feel great and puts a smile on your face. Here are three ways to stay happy, healthy and ready to take on the world.

01. Eat A Rainbow

As well as vitamins and minerals, fruit and veggies provide our bodies with plant compounds that boost our health. These super nutritious compounds are known as phytochemicals and they also give many fruit and veggies their bright colours. So when it comes to choosing fruit and veggies, go crazy with colours. The more colours on your plate, the bigger the range of phytochemicals your body is getting. That's why eating a rainbow = loads of goodness.

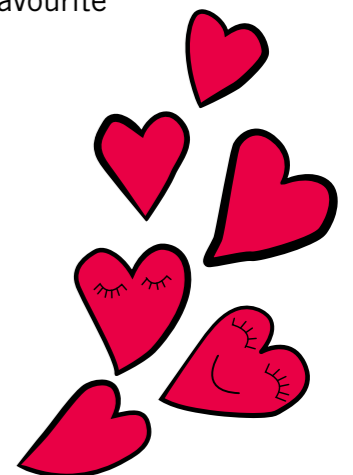
02. Happy Meals

As well as providing goodness, a wholesome meal can also bring us together. Sharing meals with friends and family is really important to shake off any stress, download our day and laugh. So avoid the temptation of eating dinner in front of the telly and take time out to really enjoy the food and the company – ok annoying little brothers may not count!

03. No Skipping

Almost one in five teens skip breakfast,² but brekkie should be a no brainer. You need it to kick start your day, switch on your brain and fuel up your body after a big night's sleep. Breakfast also makes you feel happier and can stop you from getting "hangry" at school. If you find it tough to eat something in the morning, especially if you are rushing to an early training session, try a smoothie loaded up with your favourite fruit, yoghurt and milk.

2 out of 3 teen girls feel energised and motivated when they eat well and look after themselves.¹



Countdown to game day



MONDAY – ENERGY BOOST:

Eat up! Your body needs energy for the week ahead. Remember to enjoy a good variety of foods that are tasty and healthy.



THURSDAY – DON'T SKIP:

Even if early training makes mornings a rush, don't skip breakfast. It's a must to fuel your body and your brain. You can easily grab a piece of fruit or a liquid brekkie drink to eat on-the-run. It's also good to eat a snack after training to refuel and recover.

FRIDAY – POWER UP:

Chow down on a carb-rich meal for dinner - something like Mum's best pasta - keep the fluids up and get a good night's sleep.



WEDNESDAY – TRAINING TIME:

Pack a snack to boost your energy for after school training. Be sure to refill your drink bottle with water, ready for sips throughout training and a big recovery drink. Make sure you enjoy a delicious healthy meal after training to refuel and recover.



SATURDAY – GAME DAY:

Start with your favourite cereal topped with fruit for long-lasting energy and loads of nutrients. If nerves get the better of you, at least eat something small like a smoothie or a piece of fruit. Time your last pre-game meal or snack so you are comfortable and ready to play.

During the game stay hydrated by sipping at water during breaks. Once the final whistle goes, snack on fast-acting carbohydrates to replenish your energy stores and rehydrate with a big drink.

TUESDAY – STAY HYDRATED:

Get on top of your water intake with regular sips of water throughout the day. Staying hydrated today will help with training tomorrow.



SUNDAY – REST UP:

Phew! Time to relax after a big game.

Did you know?



Just one apple can give you enough energy to play 15 minutes of netball.



Snack attack

You need extra energy to power through training and games. Often vending machines at the courts don't give you a lot of healthy options. Fruit is always a great snack to have on hand and here's some more scrumptious snacks ideas from Australian Diamonds' centre Paige Hadley.

Yoghurt boost

Simply chop and add your favourite fruit to a small tub of Greek yoghurt for a snack that is packed with goodness and energy! I love mine with a drizzle of honey.

Apple bites

For a delicious quick snack at home, thinly slice an apple, spread a dollop of nutella on top and sprinkle with nuts and seeds. Nourishing and oh so YUM!!

DIY game mix

Create your own combo of seeds, nuts, dried fruit or blueberries and even choc chips for a trail mix that's perfect for you. A great court-side snack.

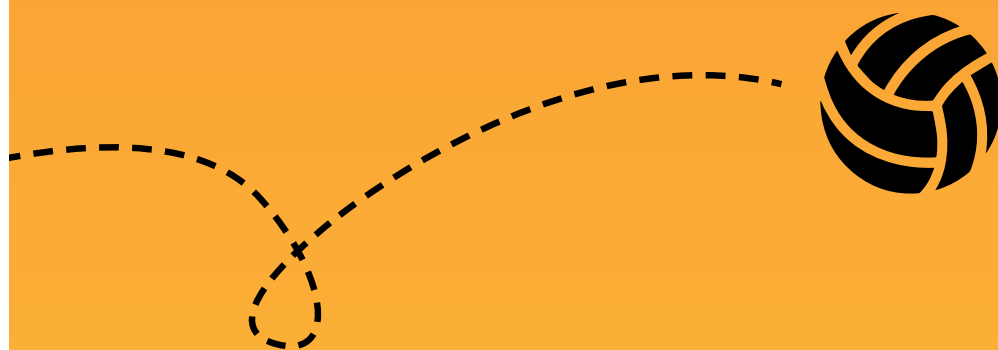
Get growing



Feeling hungry all the time? That's normal. As a teen your body is going through major growth spurts – sometimes 12 centimetres in just one year - and your body needs extra food and nutrients just to keep up.

If you're not getting enough nourishment, you'll not only be hungry but it can also leave you feeling tired, battling to recover from training sessions and you may be more likely to get sick.

So the key is to rest up and eat well. Eating a wide range of foods from all five food groups – fruit, grains, meat, dairy and veggies – will give you all the nourishment you need as you grow.



Game On - a nutrition guide just for teens has been created as part of Aussie Apples partnership with Netball Australia. The three-year partnership, which is Australia's first major fruit or vegetable sports sponsorship, is dedicated to encouraging netballers and fans to enjoy wholesome foods and embrace healthy habits that make you feel good.

The guide was developed by Dr Joanna McMillan, a PhD qualified nutritionist and dietitian, in conjunction with Netball Australia's sports dietitian Kerry Leech.

The brand Aussie Apples is managed by Hort Innovation on behalf of the nation's apple growers. Hort Innovation delivers more than \$100 million in research, development and marketing activities across the horticulture industry each year with funding from the Australian Government, grower levies and other sources.

Reference:

1. Responses from Galaxy Research conducted in May 2017 among a nationally representative sample of 1,000 Australian girls and women aged 12 -55 years.
2. Nutrition Research Australia, Breakfast and Breakfast Cereal Consumption Among Australians – A secondary analysis of the 2011-12 National Nutrition and Physical Activity Survey, Sydney, February 2016

