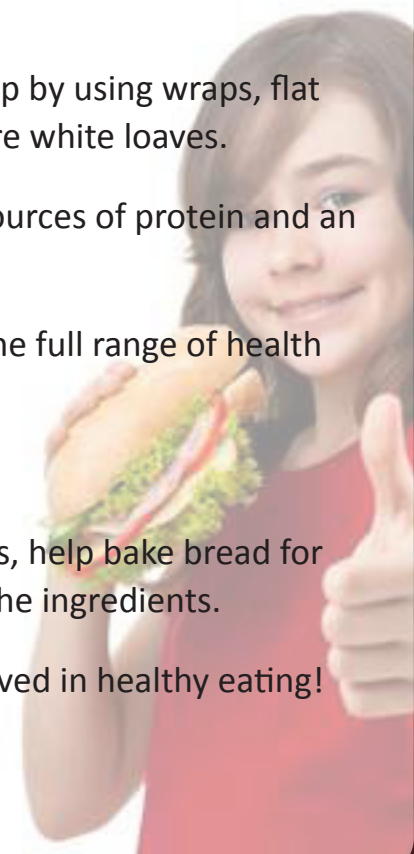




SWIMBIKERUN

Top 10 Everyday Nutrition Tips

1. The foods you eat day to day help your body to grow and develop at your best and can help your body to store more 'fuel' in your muscles for when you compete.
2. Have breakfast every morning to 'FUEL' your day!
3. Growing and active kids need to have something to eat every few hours to help boost their energy and brain power. Plan on morning and afternoon tea snacks as well as breakfast, lunch and dinner.
4. Make lunches a powerhouse of goodness for active kids! In each lunchbox, include foods from each of the five core food groups: breads/ cereals; meat/chicken/fish/eggs; vegetables; fruit and dairy.
5. Choose wholegrain or high fibre wherever possible. Try mixing it up by using wraps, flat breads, pita pockets, grainy rolls, crisp breads, bagels and high fibre white loaves.
6. Satisfy with protein! Meat, cheese, eggs, fish or beans are great sources of protein and an important part of any lunch to help with feeling full.
7. Eat a rainbow of colourful fruits and vegetables every day to get the full range of health benefits.
8. Have plenty of fluids during the day. Remember water is best!
9. Get kids involved in food preparation and cooking. Slice vegetables, help bake bread for school lunches, shake up a dressing, or make a salad and choose the ingredients.
10. Get the whole family - including mum and dad and siblings – involved in healthy eating! Everyone will benefit.



SCHOOLS TRIATHLON CHALLENGE

