

Fuelling for Netball

Nutrition Guide Emerging Talent

Strive

Enjoy the Challenge



The Fundamentals

Carbohydrates

- Carbohydrates are your body's number one fuel source, especially during intense exercise like netball.
- Your body breaks down carbohydrates into glucose, a sugar that fuels your brain and muscles.
- You store limited amounts of carbohydrates in your muscles and liver, so be sure to top up these fuel stores before exercise and during long training sessions.
- Not eating enough carbohydrates can make it hard for you to concentrate, lead to feelings of fatigue and make it harder to recover.
- Carbohydrates can be broken into three groups:
 1. **Nutrient-dense carbs:** release energy slowly, are packed with nutrients and are perfect for eating 2-4 hours before exercising. Wholegrain bread, pasta and cereal, fruits like apples, oranges and grapes, beans, lentils, sweet potato, milk and yoghurt are all great choices to include in your pre-game meal.
 2. **Nutrient-poor carbs:** are fast-acting carbohydrates, which give you a quick burst of energy and are great for topping up your energy levels just before you take the court, as well as during training. Sports drinks, sports gels and lollies are examples of these.
 3. **High-fat carbs:** are carbohydrate-containing foods that are also high in fat. These foods add enjoyment, but should not be eaten around games or training sessions and should be eaten in moderation. They include cakes, biscuits, muffins, hot chips and pies.

Protein

- Protein is vital for growth and helping your muscles recover after a game or training session.
- Small amounts of protein are used as an energy source.
- When you're still growing, you need a little extra protein to help with this growth. You can easily get this extra protein through your diet.
- Sources include eggs, lean meat, fish, chicken and dairy products. Some plant foods like chickpeas, beans, lentils, nuts and seeds also contain protein.

Healthy Fats

- Your body needs small amounts of fat to insulate you, maintain your core body temperature and help absorb fat-soluble vitamins such as vitamin A, D, E and K.
- Choose healthy fats as they provide energy and help your brain work at its best.
- Healthy fats are monounsaturated and polyunsaturated fats and they are found in avocados, nuts, seeds, olive oil and oily fish like salmon and tuna.
- Unhealthy fats like trans fats and saturated fats come from animal fats and highly processed foods such as biscuits, cakes and fast food. Keep these foods to a minimum.

Fruit and Vegetables

- Fruit and vegetables are loaded with vitamins, minerals antioxidants and fibre, all of which are important for keeping you healthy and your immune system firing.
- Include 2 serves of fruit and 5 serves of vegetables each day.
- A serve of fruit is equal to 150g or one medium piece of fruit, while a serve of vegetables is equal to 75g of cooked vegetables or ½ cup.

Hydration

- Water is the best fluid, so make sure you have regular mouthfuls throughout the day. Dehydration can slow you down and make it harder for you to concentrate.
- Drink at every opportunity throughout a game. Rehydrate after every game and training session. Milk, flavoured milk or even soup are great post-game options as they provide fluid, protein and carbohydrates.
- You may need to include electrolytes or salty foods to help maintain hydration.
- Avoid soft drinks, particularly before, during and after exercise as they can upset your tummy.



Make your food environment work for you.
Store your home with nutritious foods and limit the junk food.

How a Healthy Diet Fuels the Body



Keeps you alert
and fast



Powers your brain
and muscles



Builds
strong bones



Helps your
muscles recover
and repair



Boosts your
immunity



Keeps your
body healthy
and strong



Gives you
energy to win
tough games



AVOID FAD DIETS:

Fad diets cause poorer moods,
fatigue and reduced performance

Training Nutrition

What you eat before, during and after training plays an important role in helping you perform at higher intensity for longer, as well as recover better. It's important to ensure the foods you eat in and around training provide adequate fuel while also reducing the risk of any stomach upsets. Generally, foods that are high in fat, protein or fibre take longer to digest than other foods and increase stomach upsets.

Nutrient	Before	During	After
Protein	A moderate amount will help control hunger levels during training	Not needed	Important to have some protein within 30 minutes of finishing your session to repair and remodel muscles
Carbohydrates	Important to top up glycogen stores and provide instant fuel for training	Provides additional fuel for longer events. Only needed if the session is longer than 90 mins	Important to have carbohydrates within 30 minutes of finishing your session to refuel depleted glycogen stores and aid recovery
Fluid + Electrolytes	Hydrate early and often	Stay hydrated	Rehydrate



On days when you have multiple training sessions or games, make sure you have plenty of pre-prepared snacks like peanut butter sandwiches, muesli bars, yoghurt, fruit, trail mixes and pretzels.

Pre-Training Meals

Eat your pre-training meal 3 hours before training.

Suitable options include:

- Chicken and salad wrap
- Bowl of muesli with yoghurt, milk and fruit
- Spaghetti bolognese
- Eggs, avocado, halloumi and wholegrain toast
- Chicken, cashew, vegetable and noodle stir-fry

Foods for During Training

Training sessions longer than 90 minutes. Your body needs 30g of carbohydrates per hour of exercise.

Suitable options include:

- 500ml Powerade
- 1 large banana or 2 oranges
- 6 lollies
- 1 sports gel + 1 lolly



On hot days pack 2 drink bottles. Freeze them the night before so they stay cool.



Recovery

Recovering post-training or game is the most important time as it will help you to prepare for your next session. Your recovery nutrition should start immediately after you step off the court and include the following:



Refuel

muscle and liver glycogen stores with carbohydrates (1g of carbohydrates per kilogram of body weight).



Rehydrate

to prevent dehydration (125-150% of fluid/weight loss).
1kg of weight loss = 1L of fluid



Rebuild

and regenerate muscle tissue with high quality protein (0.25g of protein per kilogram of body weight).



Reinforce

your immune system with nutrient-dense foods like vegetables, fruit, wholegrain breads and cereals, dairy products, lean meat, skinless chicken, fish and nuts.



Milk or flavoured milk is the perfect recovery option immediately after training or games



Post-Training Meals

Make sure your recovery meal contains a mix of carbohydrates, protein, healthy fats and vegetables.

Suitable options include:

- Beef, vegetable and noodle stir-fry
- Lasagne and salad
- Steak, roasted sweet potato and vegetables
- Crumbed chicken, sweet potato mash and salad
- Lamb, mushroom and pea risotto



Depending on your training times, eating dinner before training might be a good option. Post-training it is good to recover with something simple like a milk-based drink, fruit or yoghurt before you go to bed.

Recipes

GF = Gluten Free

V = Vegan

Energy-Boosting Trail Mix



Serves
10

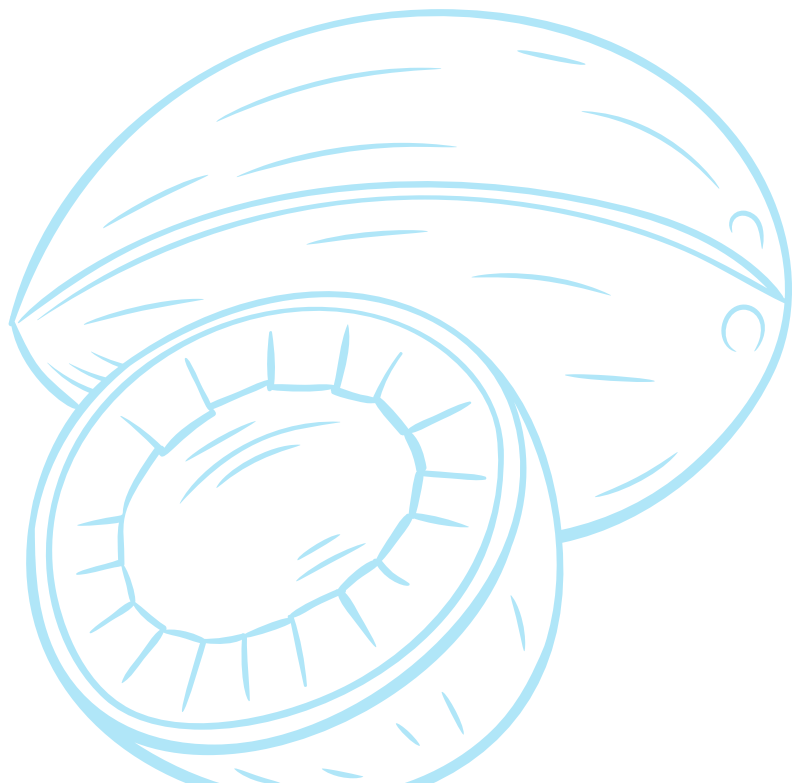
GF

Ingredients:

- 1 cup dry-roasted cashews
- 1 cup dry-roasted almonds
- ¼ cup pepitas
- 2 tbsp shredded coconut
- ¼ cup dried cranberries
- ¼ cup dark chocolate, chopped

Method:

1. Mix all ingredients together and portion into individual serves.



Makes
15

GF

Lemon and Cashew Slices

Ingredients:

- 1 cup shredded coconut
- 1 cup dry roasted cashews
- Juice and zest of 1 lemon
- 1 tbsp honey

Method:

1. Place all ingredients into a food processor and process until mixture is like breadcrumbs.
2. Line slice tin with baking paper. Press mixture into tin to form a slice. Place in fridge to set.

NOTE: The mixture will not fill the tin.



Apricot and Almond Slices

Serves
25

GF

V

Ingredients:

- 1 ½ cup dry roasted almonds
- 1 ½ cup dried apricots
- 2 tbsp almond butter
- 1 tbsp LSA
- ½ tbsp vanilla bean paste
- ½ cup shredded coconut
- ½ cup coconut water

Method:

1. Place all ingredients into a food processor and process until mixture is like breadcrumbs.
2. Line slice tin with baking paper. Press mixture into tin to form a slice. Place in fridge to set.

NOTE: The mixture will not fill the tin.



Recovery Smoothie

Serves
1

GF

Ingredients:

- ¼ cup oats
- ½ cup blueberries
- 1 medium banana
- 2 dates
- 1 tbsp shredded coconut
- 1 tbsp chia seed
- 250 mL low-fat milk
- ⅓ cup Greek yoghurt

Method:

1. Place all ingredients into a blender and mix until smooth



Also makes a great breakfast!



Frittata

Serves
6

GF



Ingredients:

- ½ (500g) butternut pumpkin, cut into cubes
- 1 chorizo, roughly chopped
- 1 tbsp olive oil
- 1 cup baby spinach leaves, chopped
- 150g goat's cheese
- ⅓ cup (70g) marinated capsicum, sliced
- 8 egg
- 1 cup milk

Method:

1. Preheat oven to 220°C. Place pumpkin and chorizo in shallow pan or baking dish, drizzle with olive oil, salt and pepper.
2. Roast for 20 minutes or until pumpkin is lightly golden and just tender.
3. Remove from oven and reduce heat to 200°C.
4. Add baby spinach, goat's cheese and marinated capsicum to dish and mix gently.
5. Place eggs and milk in a bowl and whisk to combine.
6. Pour over the vegetables and cheese and bake for 35 minutes or until puffed and golden.
7. Serve with watercress or rocket or baby spinach.



Add salad to this frittata for a great lunch or dinner option. Cut it into small pieces and it also makes a great snack option.

Pork and Vege Fried Rice

Serves
4

GF

Ingredients:

- 1 ½ cups brown rice
- 2 eggs, whisked
- 1 tbsp olive oil
- 1 garlic clove, crushed
- 2 rashers short cut bacon, rind removed, chopped
- 1 red capsicum, diced
- 1 corn cob, kernels removed
- 6 button mushrooms chopped
- ½ cup frozen peas
- ½ cup beans, diced
- 3 tbsp salt-reduced soy sauce
- 500g pork, diced
- 1 green onion sliced, to serve
- dry roasted cashews, chopped, to serve

Method:

1. Cook rice in rice cooker and put in fridge to cool.
2. Heat frypan and pour in eggs as if making an omelette. When cooked, dice and set aside.
3. Heat olive oil over high heat and add garlic, capsicum, corn, carrot, mushrooms, peas, beans and bacon. Cook for 3-4 minutes.
4. Add pork and cook until cooked through.
5. Add rice, egg and soy sauce and cook for 2-3 minutes.
6. Serve topped with green onion and cashews.



netball
NEW SOUTH WALES

nsw.netball.com.au | (02) 9951 5000
Netball Central, 2 Olympic Boulevard, Sydney Olympic Park NSW 2127
PO Box 396, Lidcombe NSW 1825