**Carbs**

- **Fibrous Carbs & More Protein** - Your body is still needed for healthy vision, skin, bones and other tissues in the body. Found in fish, liver, nuts.

- **Starch** - Slow release carbs at least 1-2 hours prior to top up your energy. Examples include: pasta, potatoes, vegetables.

- **Processed / Fast Food, Biscuits** - Generally high in fats and contain low nutritional value. So limit these.

**Protein**

- **Essential for Growth**

- **Minerals**

- **Vitamins**

- **Essential for growth, repair, and muscle function.**

**Fats**

- **Protein**

- **Vitamins**

- **Essential for growth.**

- **Minerals**

**Hydration**

- **Carbs**

- **Protein**

- **Minerals**

- **Vitamins**

**Post Training Recovery**

- **Fast Training Recovery**

- **TIPS**

  - Be hydrated before, during and after sport.
  - Avoid these wherever possible. The only time they're necessary is with every meal along with 30-90 mins after sport!
  - Include a source of protein for muscle recovery, repair and growth. Adequate intake of protein spaced throughout the day is optimal.
  - Replace blood sugar levels.
  - Replenish lost electrolytes.

**Important Tips**

- **Post Pictures of your Food and Snacks, the Night. Here's some suggestions:**
  - Remember to drink plenty of water to replace lost electrolytes during sweat during sports nutrition.
  - Fat along with essential fatty acids (omega-3 and omega-6). Consume fats.
  - Early morning sessions perform better and improve results.
  - Know when to take in the correct choice of carbohydrates, giving energy, storage and slow release.

**Key:**

- **Choose fibrous Carbs & More Protein** - Your body is still needed for healthy vision, skin, bones and other tissues in the body. Found in fish, liver, nuts.

**Disclaimer:** This infographic is provided as a generalized guide... as consult a health care professional for personalized guidance.