

EAT WELL
TRAIN WELL



Eating a healthy balanced diet will provide the energy you need to compete and train at your best as an ice skater

Why should I eat healthy?

We need a variety of food to:

- Give us energy
- Build & repair muscles
- Aid healthy bone development
- Provide a strong immune system

What is a healthy balanced diet?

We should aim to eat food from these groups **every** day

- Carbohydrates
- Protein
- Fruit & Vegetables
- Milk/Dairy
- Fats/sugars

Fluid

Keep hydrated!

If you feel thirsty you are already dehydrated. Drink water before, during and after training.

Pee test – your urine should be the colour of very pale straw and odourless. If darker you are dehydrated.

When to eat & drink

Drink water continuously during the day. Increase intake during training.

Eat regular meals from all food groups. **NEVER** miss breakfast and include a healthy mid-morning and afternoon snack to keep energy levels up (not crisps or chocolate). After training or competitions always have a healthy snack **straight away**.

Food group examples

Carbohydrates: Recommended amount 7 portions per day

Rice	Potatoes	Bread or Toast	Pasta
Bagel	Breakfast cereal	Crumpet	Muesli Bar
Pitta Bread	Malt Loaf	Crackers	Bread Bun or Roll

Protein: Recommended amount 2-3 portions per day

Lean meat	Baked Beans	Eggs	Fish Fingers
Fish	Lentils	Nuts (Unsalted)	Peanut butter

Fruit/Vegetables: Recommended amount 7-8 portions per day

Vegetables	Whole fresh fruit	Stewed fruit	Raisins
Fruit Juice	Tin fruit in fruit juice	Dried fruit	Salad

Milk/Dairy: Recommended amount 2 portions per day

Cheese	Milk	Fromage frais	Cottage cheese
Yogurt			

Fats/Sugars: Recommended amount 2-3 portions

Butter	Oil	Salad Cream	Gravy
Margarine	Mayonnaise	Biscuits	Sweets

Healthy snacks ideas:

Fruit canned in juice	Peanut butter sandwich	Yogurt drink (i.e. Vitality)	Variety of raw vegetables
Smoothies	Dried fruit	Wholemeal buns	Fruit - fresh

Eating balanced meals and healthy snacks will maintain your energy levels throughout the day. The occasional chocolate bar or packet of crisps can be enjoyed in moderation (after all we are human!).