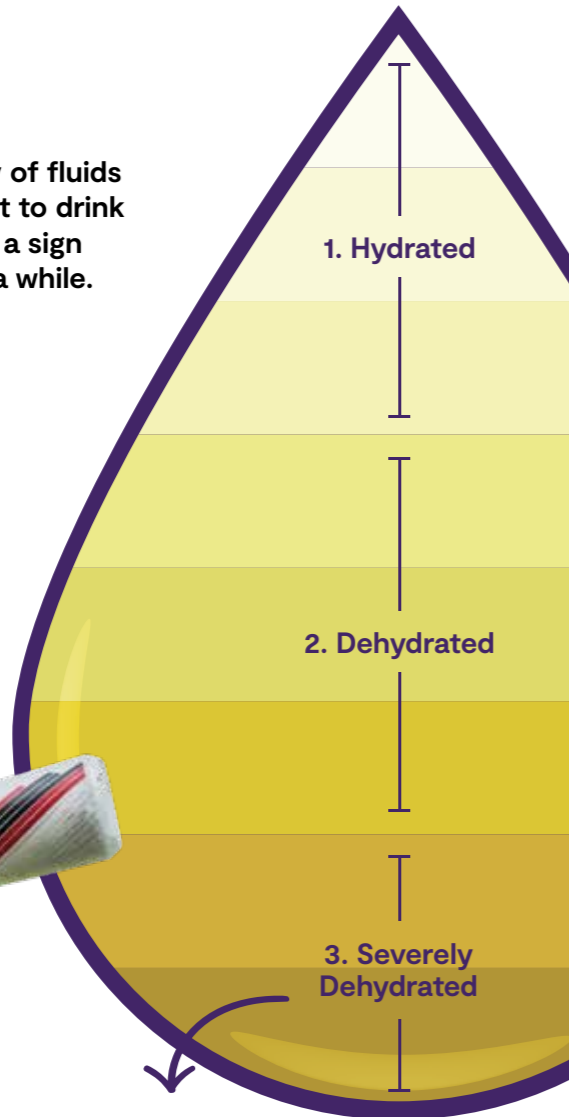


Stay hydrated

Remind your child to drink plenty of fluids throughout the day. It's important to drink before they feel thirsty - thirst is a sign your body has needed fluids for a while.

Checking urine colour is a simple way for children to see if they are drinking enough fluids.

- Urine should be a pale-yellow colour
- If it's darker than number 3 on the Pee Chart they need to drink more



What to drink

- ✓ Milk
- ✓ Water
- ✗ Sports drinks



Fuel their game

A guide for parents



For more information, visit safefood.net



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Before exercise

Ensure your child eats 2-3 hours before exercise to help get the most out of training and matches. Snacks or liquid food might suit better than a meal for some. Try what works best.

Some meals to try are:

- Toast (add banana, nut butter or baked beans as a topping)
- Chicken with rice and salad
- Jacket potato with beans, tuna or chicken and salsa
- Yoghurt drink with a scone and low-fat spread
- Low-fat creamed rice with dried fruit
- Bagel with cream cheese or peanut butter

What's in their kit bag?

Check that your child has packed a snack and water. Extra snacks can help your child perform better – and feel better too.



Best Choice



Water

Water is best and then other fluids if needed like milk and diluted squash or fruit juice (small amounts)



Snacks, such as:

1. Dried or fresh fruit like bananas, mandarins, apples, raisins, dried apricots
2. Cereal bar or popcorn
3. Nuts and seeds, crackers, oat cakes, plain biscuits.



Energy drinks

Some energy drinks can contain up to 14 teaspoons of sugar or the same amount of caffeine as in 3 cups of espresso. Energy drinks are not suitable for children and have no nutritional benefit.



Recover and recharge

It's important to make sure your child tops up on their needs after training or a match.

Eating something as soon as possible will help them recover, maintain their muscle mass and get them ready for the next session.

Some foods to try are:

- Ham, tuna or turkey sandwich with a drink, preferably water
- Milk with a banana
- Yoghurt drink
- Bagel and cream cheese
- Pot of natural yoghurt and a banana
- Fruit and milk

Why not pack something for the car journey home:

- Fruit
- Nuts and seeds
- Crackers and cheese

