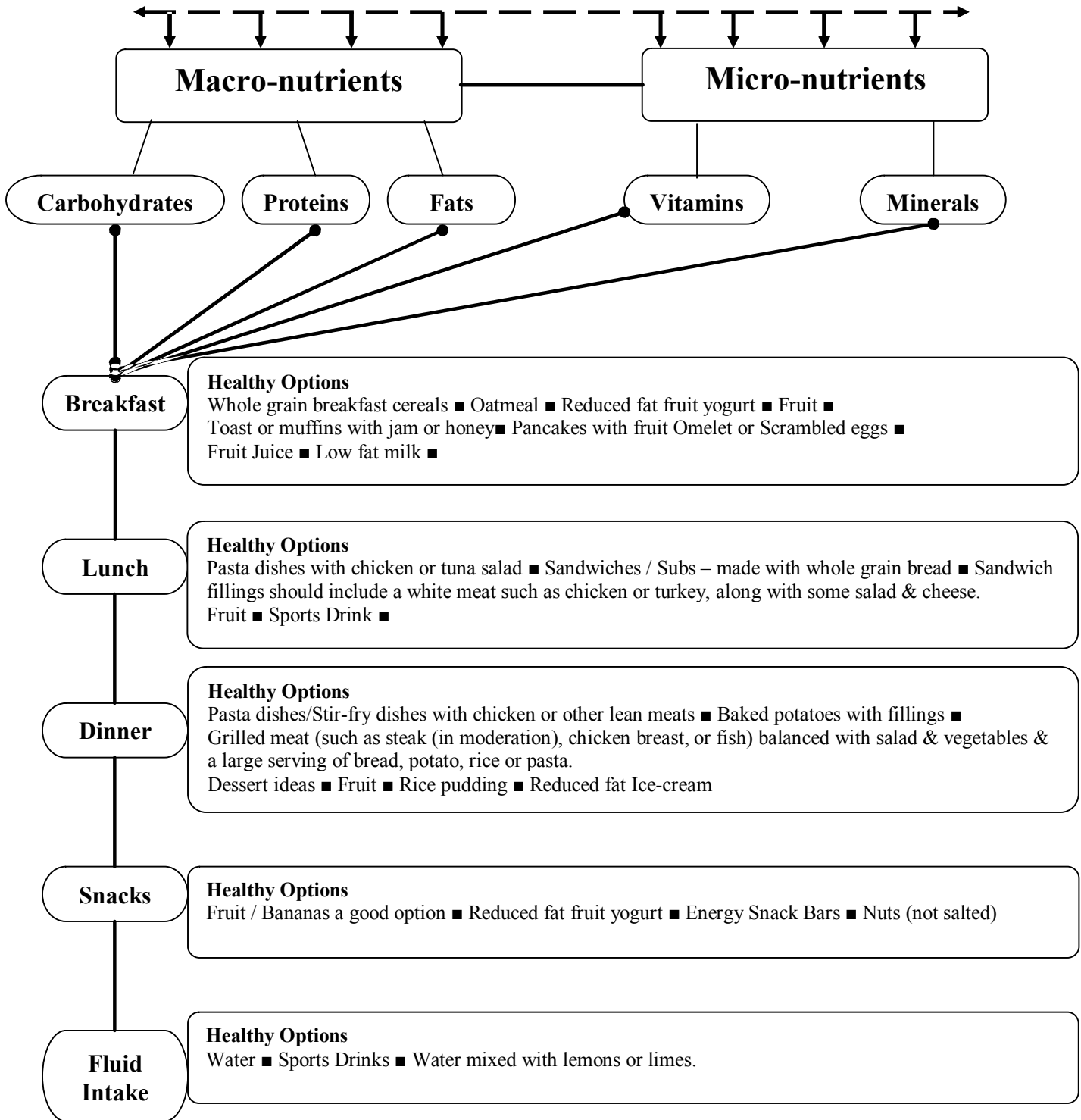


## Nutritional Information

*“A young player’s diet should contain the necessary nutrients required to maintain health, allow growth & repair, & provide energy”*



## “Fail to Prepare, prepare to fail”

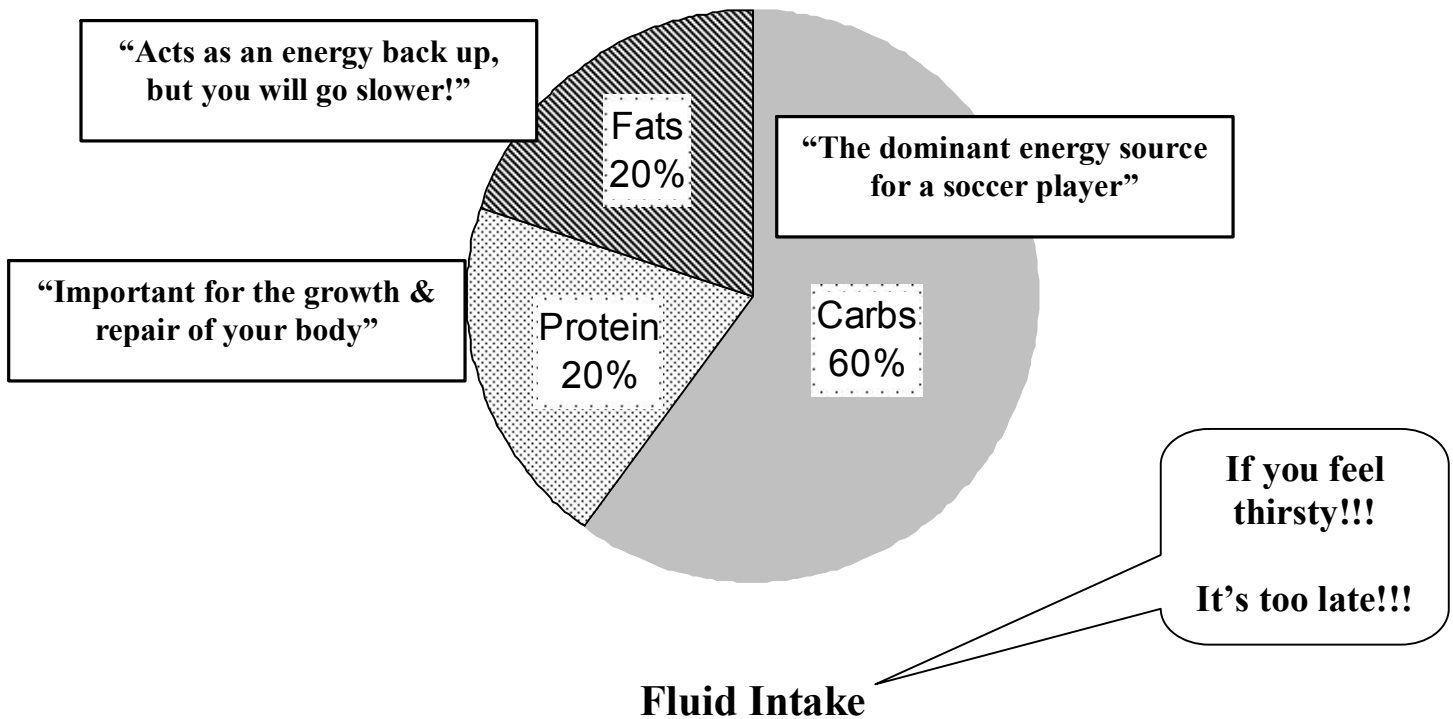
Following the food flow chart enclosed will help you get the correct nutrients to allow your body to both think & work harder.

### Food knowledge

Below are some basic facts for you to consider & follow to get the best performance from your body.

#### Question

How much (guidance only) of each macro-nutrient should I consume in every meal?



### Fluid Intake

Although easily preventable, dehydration is still a common problem & a huge factor in fatigue.

#### Basic Guidelines

- **Hydration** begins with consistent daily water intake both prior & after your hard day at One Premiere.
- **Hydration** continues through out the day by consistently drinking both water & sports drinks whilst at One Premiere.
- Using the simple formula below water intake can be calculated
- 0.6 ounces per day per pound of body weight.
- Example: if you weigh 100lbs ■  $100 \times 0.6 = 60$  ounces ■ around 2000mL per day
- NOTE: In extreme heat fluid intake should be increased
- Remember, your water intake should be consistent throughout the day!

*The above information has been formulated from highly respected & recognized research materials, please note, it should be used for guidance purposes only & does not allow for any predisposing conditions or food allergies players may have.*