



CCSC NUTRITION FOR STUDENT ATHLETES

The importance of eating well cannot be overestimated. But what does eating well look like for a CCSC student athlete?

The below has been put together as a guide for you all to understand and put into practice good eating habits to really fuel your body for performance.

“ Well-planned eating practices help athletes to train hard, stay healthy and injury-free, and compete at their best. ”

Australian Institute of Sport



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STEP 1

Understand what healthy eating looks like.

The Australian guide to healthy eating is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day.

[Australian Guide To Healthy Eating](#)

For more specific details access the [Average recommended number of serves calculator](#) to get a guide on what types of food you should be eating and the recommended amounts. This is a useful resource for anyone and is a good starting point.

STEP 2

Look up sport specific guidance through the Sports Dieticians Australia website to get a guide as to what types of meals you should be having and when to maximise performance.

CLICK FOR
Rugby League

CLICK FOR
Rugby Union

CLICK FOR
Football

CLICK FOR
Tennis

CLICK FOR
Basketball

CLICK FOR
Netball

CLICK FOR
Junior Athletes

STEP 3

Start researching different healthy snacks to eat with the plethora of meal ideas in the credible links below.

The Heart Foundations Healthy Living and Eating tab has a huge amount of information and recipes

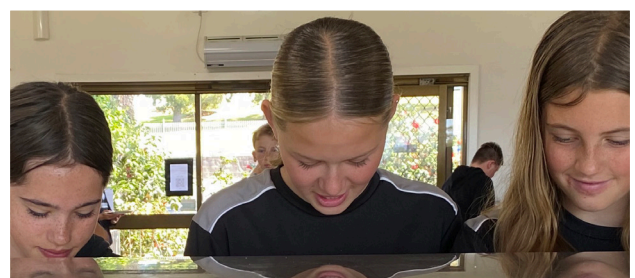
[Heart Foundation Healthy Eating](#)

Nutrition Australia recipes

[Nutrition Australia Recipes](#)

Sports Dieticians Australia has a wealth of sport and age specific guidance on nutrition and recipes

[Sports Dieticians Australia](#)



HAVING TROUBLE WITH EATING A VARIETY OF HEALTHY FOODS?

All children and teens need a balanced diet to support their growth, development, activity and learning. Very active children and teens may have considerably higher nutritional needs depending on their sport and level of activity.

But what happens when your child is currently unable to eat the recommended diet due to factors like dietary restrictions, disordered eating or even just fussy eating?

Clare has had over 20 years of experience working with children and adolescents and works to support young people with these challenges every day.



She knows there is no perfect diet, and will help you find the right plan to ensure your child is getting optimal nutrition for their individual needs, regardless of their challenges.

Clare is available onsite on Mondays during school hours, or via Zoom on alternative days.

Book your spot here

<https://calendly.com/thechildrensnutritionist/student-athlete-nutrition-consultation>

or get in touch on **0404795677**.



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