

MOST IMPORTANT



1. CALORIES

Meeting our appropriate level of energy is critical to be able to complete daily tasks.



2. MACRONUTRIENTS

Protein, carbohydrate and fat are our primary sources of energy from food. It's essential that we meet our personal needs for each one of these nutrients.



3. FOOD QUALITY

Vitamins, minerals, fibre and antioxidants, found in abundance in vegetables, fruits, nuts and seeds, play a vital role in health, wellbeing and performance.



4. FOOD TIMING

Timing relates to when food is consumed. In general terms, this means at what point in the day; in a performance context it is specific to when food is consumed before or after exercise.



5. SUPPLEMENTS

Sports Nutrition Supplements are not recommended for athletes under the age of 18. Nutritional needs are best met by a balanced diet. A vitamin D supplement of 10mg per day is recommended between the months of Autumn and Winter