

HEALTHY EATING GUIDELINES

Our club aims to create a supportive environment in which it promotes healthy eating for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole organisational approach to embed and implement the following healthy eating guidelines.

HEALTHY EATING TIPS

<p>VEGETABLES, SALAD & FRUIT</p>	<p>MORE IS BETTER, INCLUDE UP TO 7 SERVINGS OF FRUIT, VEGETABLES OR SALAD EVERY DAY. INDIVIDUALS SHOULD BASE MOST OF THE MEALS THEY EAT AROUND THIS FOOD GROUP</p>
<p>WHOLEGRAINS</p>	<p>CHOOSE WHOLEGRAIN CEREALS, BREADS, PASTA, POTATOES & RICE FOR ADDED FIBRE & SLOW RELEASE ENERGY. THE NUMBER OF SERVINGS DEPENDS ON AGE, ACTIVITY LEVELS AND ENERGY NEEDS.</p>
<p>MILK, CHEESE & YOGHURT</p>	<p>REDUCED FAT OR LOW FAT MILK CHEESE & YOGHURT OPTIONS HAVE THE SAME AMOUNT OF CALIUM AND OTHER NUTRIENTS WITH FEWER CALORIES</p>
<p>MEAT, FISH, EGGS & ALTERNATIVES</p>	<p>TRY TO EAT FISH TWICE A WEEK, OILY FISH IS BEST. CHOOSE LEAN CUTS OF MEAT AND CUT ANY VISIBLE FAT & SKIN OFF MEAT & POULTRY. PLANT BASED SOURCES OF PROTEIN SUCH AS BEANS PEAS AND LENTILS ARE LOW FAT, HIGH FIBRE ALTERNATIVES TO MEAT.</p>
<p>FATS & OILS</p>	<p>ALL TYPES OF FATS, OILS AND SPREADS ARE HIGH IN CALORIES. USE AS LITTLE AS POSSIBLE AND CHOOSE LOW FAT OR LIGHT SPREADS AND BUTTERS WHERE POSSIBLE</p>
<p>HIGH FAT, SUGAR & SALT</p>	<p>FOODS THAT ARE HIGH IN CALORIES, SALT, SUGAR & FATS SHOULD ONLY BE CONSUMED OCCASIONALLY - NOT DAILY</p>

MEAL PLANNING ADVICE

<p>EXAMINE FOOD LABELS TO CHECK FOR SALT, SUGAR AND FAT CONTENT</p>	<p>INCLUDE A VARIETY OF FOODS EVERYDAY</p>	<p>START EACH DAY WITH A HEALTHY BREAKFAST</p>	<p>HAVE SOME HEALTHY SNACKS ON HAND THROUGHOUT THE DAY</p>	<p>BATCH COOKING HELPS YOU TO BE ORGANISED & SAVES TIME</p>	<p>AVOID ADDING SALT TO FOOD</p>
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OUR CLUB DOES NOT RECOMMEND

- THE USE OF SPORTS SUPPLEMENTS AND NUTRITIONAL PRODUCTS (PROTEIN & CARBOHYDRATE POWDERS/ MEAL REPLACEMENTS) CLAIMING TO ENHANCE PERFORMANCE FOR JUVINILE PLAYERS
- BRINGING FIZZY DRINKS, SUGARY DRINKS, CRISPS, CHOCOLATE ETC. TO TRAINING OR GAMES
- THE USE OF SPORTS DRINKS, BARS AND GELS
- ACCEPTING SPONSORSHIP FROM UNSUITABLE FOOD SUPPLIERS WHO HOLD OPPOSING VIEWS

OUR CLUB IS COMMITTED TO FOLLOWING THIS HEALTHY EATING GUIDE BUT WE ARE NOT RESPONSIBLE FOR THE DIETS OF MEMBERS