

Go Faster Food for Kids

Top 5 Breakfast Tips

for

Training and Match Day Success!

1. Would you put Diesel into a Ferrari?



Every car needs fuel. The more fuel in the tank, the further the car will go. The better quality the fuel, the better the car will drive.

Your body works in exactly the same way. Start your morning with a full tank and you'll keep going for longer. Match day or training, the better quality breakfast you eat, the better you'll perform.

Which would you rather be? The Ferrari or the old banger?

Encourage your team mates to eat a good breakfast too. ***A full team of well-fuelled individuals amounts to a force to be reckoned with.*** You'll have the edge over your opponents in the crucial last quarter of the match.

2. Swap Quick-release Foods for Slow-release Foods



Sugary cereals and processed white bread will cause a spike in energy, followed by a dramatic slump. This is because they contain quick-release carbohydrate, energy which is absorbed rapidly into the bloodstream and used up quickly.

Before you know it, you'll be hungry, tired and in a bad mood. Keep these foods for after training or for a school holiday treat.

The following breakfasts provide a mix of slow-release carbohydrates and protein. Packed with nutrients, they'll not only keep you going for longer, they'll also promote healthy muscle growth and boost your mood.

- Porridge oats with milk and syrup
- Wholegrain toast with Marmite or peanut butter
- Muesli with yoghurt, banana or your favourite fruit
- Wholegrain cereals such as Weetabix and Shredded Wheat with milk and banana
- Scrambled eggs on wholemeal toast
- [Banana buttermilk blinis](#)

3. Do the 'Pee test'!



You won't have drunk anything since the previous evening, so make sure you drink a glass of milk, juice or water with your breakfast.

Even mild dehydration can cause a reduction in your concentration and stamina.

Before you leave the house, check that you are well-hydrated by checking the colour of your pee. The 'pee test' is quite simple! If your pee is pale, a light straw colour, that means you're hydrated. If it is dark, you'll need to drink a glass of water. (see [hydration](#) to download a hydration chart.)

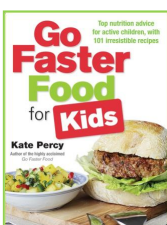
4. Match-day nerves get the better of you?

Too nervous and pent up on match day to eat a proper breakfast? Don't worry, this is quite common. You will, however, need to take on board some calories for energy, so try to devise your own morning routine. Perhaps make some [flapjacks](#) or healthy muffins the night before and have one of these in the morning with a glass of milk or juice.

Try a power smoothie, packed with sustaining nutrients and easier to stomach than a solid breakfast. Whizz a glass of milk or drinking yoghurt in a blender, add a banana, a handful of oats and a spoon of honey. Don't forget to put the lid on the blender!

5. Don't lie-in on match day!

Leaving enough time to eat a proper breakfast is really important. Just as important as preparing your kit the night before! This should be around one hour before training or warm up starts to give your stomach time to digest. So set your alarm, and allow an extra 15 minutes for breakfast.



Go Faster Food for Kids puts top nutrition advice for active children into practice with delicious recipes. See Kate's website www.gofasterfood.com/kids for a signed copy, or go to amazon.co.uk.