

BACK TO BASICS OF NUTRITION



Ever wonder what your food is made up of and why we need it?

R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians

PROTEIN

Found in meat, fish, poultry, dairy and plant sources



Needed to support muscle growth, strength and power gains

CARBOHYDRATE

Found in fruits, vegetables and starches like pasta and rice



Main source of energy during training and matches

FAT

Found in plant oils and animal products like dairy, meat and fish



For vitamin storage, brain function and energy for long duration exercise

VITAMINS & MINERALS

Found mostly in fruits and vegetables



For strong bones, muscle function and good immunity

WATER



To prevent dehydration during play