

Healthy Eating & Oral Health for

ATHLETES



IDEAS FOR POST-WORKOUT SNACKS



Many protein bars, powders and drinks are highly processed and high in sugar or additives. Convenient alternatives include:

- Wholegrain sandwich (meat, cheese, or nut butter)
- Small handful of nuts
- Boiled egg and salad
- Apple with nut butter
- Smoothie made from full fat milk and a banana



Remember to drink plenty of plain water to stay hydrated.



Each of the following foods provides approximately 10gm of protein. These foods are moderate to low fat and rich in other nutrients.

ANIMAL FOODS

2 small eggs
30 g (1.5 slices) hard cheese
70 g cottage cheese
1 cup (250 ml) low-fat milk
35 g lean beef, lamb or pork (cooked weight)
40 g lean chicken (cooked weight)
50 g grilled fish
50 g canned tuna or salmon
200 g yoghurt

PLANT FOODS

4 slices (120 g) wholemeal bread
3 cups (90 g) wholegrain cereal
2 cups (330 g) cooked pasta
3 cups (400 g) cooked rice
3/4 cup (150 g) lentils or kidney beans
200 g baked beans
120 g tofu
60 g nuts or seeds
300 ml soy milk