

BUILDING FUTURE JETS

# NUTRITION GUIDE



# Introduction

*Young rugby league athletes have two demanding jobs happening at once: performing at training and games, and growing. Getting your nutrition right underpins both.*

*This guide draws directly on the Australian Dietary Guidelines (ADG) and applies those evidence-based recommendations to the day-to-day life of a junior athlete looking to become a Future Jet.*

Physical Performance Manager  
**Graeme Rousseau**



*Nutrition wasn't something I thought much about when I first started playing. I just trained hard and figured that was enough.*

*It wasn't until I started paying attention to what I was eating that I noticed a real difference; more energy at training, recovering quicker, feeling sharper on game day. The stuff in this guide is simple and it works.*

*You don't have to be perfect, just be consistent. Small changes add up more than you think.*

Ipswich Jet's Club Captain  
**Blake Lenehan**



## Hydration

Dehydration of even 2% body weight impairs performance, focus, and decision-making. Staying hydrated is one of the simplest and most effective performance gains available to an athlete.

### Water

- Drink 2-3 litres a day
  - 4-5L on a training day
- Keep a water bottle handy to sip on
- Replenish after exercise.
  - A simple rule is 1L per 1kg of bodyweight lost through sweat.



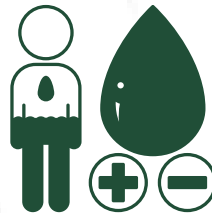
### Sports Drink

- In and around intense exercise
  - 15-30 minutes before
  - Half-time or Mid-session
  - Post-game or after the session



### Hydration Benefits

- Improves performance
- Reduces risk of injury
- Increases rate of recovery



## Urine Colour Chart

Below is a simple guide to urine colour in relation to hydration requirements.



In this range, urine is pale and plentiful. Typically it is also of low odour.



**No need to increase fluid intake.**

As urine gets darker, it indicates that you need to increase fluid intake.



**Have a glass of water. (250mL)**

Urine this dark, indicates that you are dehydrated and need to address this now.



**Drink 250mL of water now and 50mL over the next hour.**

Significant dehydration. Amount of urine will likely be minimal and have a strong odour. Address this immediately.



**Drink 300-600mL now and 1L over the next hour.**

**Australian Dietary Guidelines:** Guideline 2 states: "Choose water instead of drinks with added sugars or alcohol." The ADG notes that drinks containing added sugars — soft drinks, cordials, energy drinks, sports drinks — increase the risk of excessive weight gain in both children and adults and should be limited



If we don't put fuel in a car it won't drive. Our body is very similar when it comes to training. The Australian Dietary Guidelines specify acceptable macronutrient targets for adolescents. Developing athletes should meet at minimum these baselines, however often requiring more for training demands.

Young athletes lead very active lives all while their bodies are trying to grow. You need to ensure you are eating enough of the main three macronutrients: proteins, carbohydrates and fats.

### Protein

Repairs and builds muscle

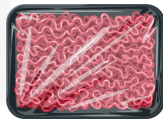
*\*recommended daily intake is 1.3-1.6g per kg of bodyweight*



Tuna  
1 can ≈ 15g protein



Chicken Breast  
100g ≈ 23g protein



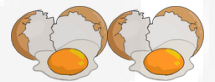
Lean Beef Mince  
100g ≈ 26g protein



Whey Protein  
30g ≈ 25g protein



Milk  
250mL ≈ 25g protein



Eggs  
2x Large ≈ 12g protein

### Carbohydrates

Fuels high-intensity training

*\*recommended daily intake is 5-10g per kg of bodyweight*



Rice  
½ cup ≈ 28g carbs



Pasta  
½ cup ≈ 26g carbs



Wholegrain Bread  
1 slice ≈ 15g carbs



Potatoes  
1x medium ≈ 26g carbs



Oats  
1 cup ≈ 30g carbs



Fruit  
1x medium ≈ 20-25g carbs

### Fats

Supports hormone production (needed for growth), joint health and provides sustained energy

*\*recommended daily intake is 20% of overall consumption*



Avocado  
½ Avo ≈ 15g fat



Mixed Nuts  
30g ≈ 14g fat



Nut Spreads  
1 tea spoon ≈ 15g fat



Salmon  
100g ≈ 15g fat



Full-Cream Dairy  
(varying amounts of fat)

**Australian Dietary Guidelines:** Guideline 2 recommends enjoying a wide variety of nutritious foods from the five food groups every day: vegetables/legumes, fruit, grain foods, lean meats/alternatives, and dairy/alternatives





### The Five Food Groups

The **Australian Dietary Guidelines** organises foods into five groups. Each group provides specific nutrients that athletes need. For a 12–18 year-old player, the minimum recommended daily serves are shown below.

| Food Group                           | Min Serves. | Examples                                                   |
|--------------------------------------|-------------|------------------------------------------------------------|
| <b>Vegetables &amp; Legumes</b>      | <b>5</b>    | ½ cup cooked broccoli; 1 cup salad; ½ cup lentils          |
| <b>Fruit</b>                         | <b>2</b>    | 1 medium apple/banana; 2 small apricots; 1 cup of berries  |
| <b>Grains</b>                        | <b>7</b>    | 1 slice bread; ½ cup cooked pasta/rice; 1 cup cereal       |
| <b>Lean Meats &amp; Alternatives</b> | <b>2.5</b>  | 65 g lean beef; 80 g chicken; 2 eggs; 170 g tofu; 30g nuts |
| <b>Dairy &amp; Alternatives</b>      | <b>3.5</b>  | 1 cup milk; ¾ cup yoghurt; 2 slices reduced-fat cheese     |

### Understanding Fruit and Vege



Leafy Greens = Iron, Calcium, Magnesium



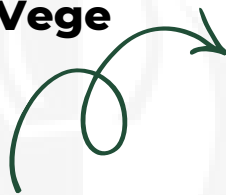
Cruciferous = Vitamin C (recovery)



Coloured = Antioxidants



Legumes = Protein & Fibre



Bananas = fast fuel pre-training



Berries = antioxidants



Citrus = Vitamin C for immune function



**Australian Dietary Guidelines:** Most Australians eat only about half the recommended quantity of vegetables and fruit. The ADG recommends choosing a variety of colours — green (broccoli, spinach), orange (carrots, pumpkin), red/yellow (capsicum, tomatoes).



### Breakfast

All meals are important but getting breakfast right is the key to setting up your day. Your breakfast should have a form of grain, protein and fruit, aiming to have close to one third of your daily intake before school or work.

#### Eggs on Toast

- 2-3 Eggs
  - Fried Eggs
  - Poached Eggs
  - Scrambled with milk and low-fat cheese
- 1-2 Slices of Toast
  - Multi-grain
  - Brown

For extra protein add some slices of ham  
Spread some avocado on the toast for healthy fats.



#### Toasted Sandwich

Choice of meat:

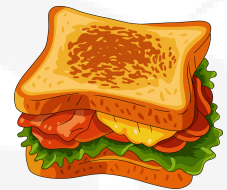
- Chicken
- Ham

Bread of Choice

- Multi-grain
- Brown

Low-fat cheese

Add tomato or Avocado as an extra



#### Cereal & Fruit

Cereal Options:

- Weet-Bix
- Oats
- Muesli

Consume with milk of choice.

Fruit Options:

- Sliced Apple
- Banana
- Sultanas
- Mixed Berries



#### Protein Smoothie

- 1 Scoop of Whey Protein
- 250mL of Milk of choice
- 1 Tablespoon of Peanut Butter
- 1 Cup of Spinach
- 1 Banana
- 1 Cup of Blueberries

*\*paired with a piece of wholemeal toast or a serving of wholegrain cereal*



**Australian Dietary Guidelines:** emphasises that a nutritious dietary pattern starts with good food choices first thing. A solid breakfast provides grain serves, protein, and fruit to meet at least a third of daily requirements before school or work.



## Packing your Lunch

If we want to perform at training in the afternoons, we need to make sure we are eating enough food at school or work.. Here are some tips to make sure your lunch box is full and nutritious.

### Main Meal Options

#### Sandwich/Wraps

- Meat of choice: Ham, Chicken, Roast Beef
- Salads: Lettuce, tomato, red onion
- Low-fat cheese
- Bread Options: Multi-grain, Brown

#### Salads

- Meat of choice: Ham, Chicken, Roast Beef
- Salads: lettuce, tomato, red onion, spinach, capsicum, mushrooms, cucumber etc.
- Low-fat cheese
- Salad Dressing

#### Left-Overs

- Lasagne
- Stir-fry
- Pasta
- Curry



### Snack Options(pack at least 3)

#### Protein Shake

- Scoop of Whey Protein
- Add water
- For extra carbs add quick oats

#### Up & Go Energize

#### Assorted Nuts

#### Fruit

- Banana, Apple, Orange, Berries, Grapes etc..

#### Muesli Bars

- Look for at least 10g of protein per bar

#### Popcorn

#### Rice Cakes

- Peanut Butter
- Vegemite & Cheese

#### Tin of Tuna

#### Yoghurt



**Australian Dietary Guidelines:** The ADG recommends packing foods from at least four of the five food groups at each main meal. Plan ahead and stock up on basics: wholegrain cereals, reduced-fat dairy, lean meats, eggs, legumes, and seasonal fruit and vegetables.

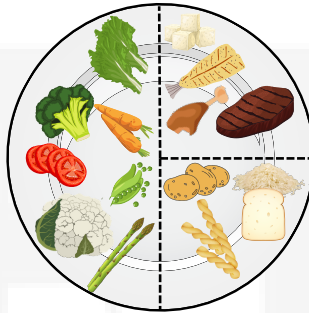


## Dinner Time

It's important we finish our day with a well-rounded meal to ensure we are giving our bodies the nutrients required to recover and rebuild from the days activities.

### Vegetables

Leafy greens, peas, carrots, tomatoes, cauliflower, asparagus, broccoli etc.



### Proteins

Beef, Chicken, Fish, Tofu etc.

### Carbohydrates

Potatoes, pastas, rice, breads etc.

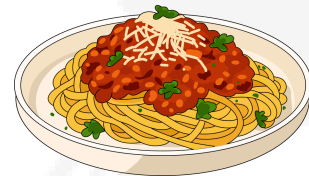


### Grilled Chicken & Rice Bowl

- Grilled chicken breast
- Rice of choice
- Mixed Vegetables
- Seasoning/Marinade of choice
  - Be mindful of not overdoing this part

### Pasta Bolognese

- Lean beef mince
- Wholegrain pasta
- Diced Tomatoes + Onion + Garlic + Spinach
- Cheese of choice (low-fat)



### Meat + Sweet Potato + Green Beans

- Meat of Choice
  - Beef, Chicken, Fish, Tofu
- Roasted Sweet Potato
  - Normal potato is fine
- Steamed Green Beans
  - Can alternate for your choice of vege



**Australian Dietary Guidelines:** "The key to eating well is to enjoy a variety of nutritious foods from each of the Five Food Groups."

