

Junior Nutrition - Social Media Tiles



Football West has created a series of educational tiles based on *Fuel to Go & Play* resources, now available for download [HERE](#).

Clubs are encouraged to share these tiles on social media throughout the season to help junior players and their parents learn about healthy eating and best nutritional practices. Suggested captions are included to make posting quick and easy.

Clubs can also **access up to \$4,000** in funding through the **Healthy Sports Program**, which supports simple healthy eating initiatives. The Healthy Sports Program is an initiative of Healthway, delivered by *Fuel to Go & Play*.

To learn more about the initiative and how you can apply for funding click [HERE](#).

1)



Caption: A reminder to young players (and their parents) that peak performance starts before game day — with everyday nutrition 🍉

Junior athletes are growing fast and becoming more independent, which can make healthy choices tricky. But building a strong foundation diet is key to:

- 🔄 Achieving sporting goals
- 🔄 Supporting growth & development
- 🔄 Boosting immune health
- 🔄 Staying focused at school
- 🔄 Creating lifelong healthy habits

So what should active juniors eat each day?

- 🍞 Wholegrain cereals, bread, pasta & rice
- 🥛 Dairy or calcium-rich alternatives
- 🥦 Plenty of colourful fruits & veggies
- 🍖 Lean meats, fish, eggs and/or tofu, beans, legumes
- 💧 And plenty of water!

Check out the Fuel Your Body booklet for more practical tips at ➡

<https://www.fueltogether.com.au/resource/fuel-your-body-booklet/>

@fueltogetherandplay @footballwest

2)



Caption: Kids don't need sugary drinks to perform at their best on the football pitch 🏃 Staying hydrated with water and refuelling with fruit gives active juniors the fuel to go & play!

For more practical tips, check out the Fuel Your Body booklet 📖

<https://www.fuelto.go.com.au/resource/fuel-your-body-booklet>

@fuelto.goandplay @footballwest

3)



Caption: @fueltoandplay program have a simple but powerful message for all players: choose water!

💧 Why water?

Over half of the human body is water, and staying hydrated is key to performing at your peak 🏃. Drinking water prevents dehydration, replaces fluids lost through exercise, and keeps your energy levels high.

So, remember to drink water before, during, and after playing 🏈

For more practical tips, check out the Fuel Your Body booklet 📖

<https://www.fueltoandplay.com.au/resource/fuel-your-body-booklet>

@fueltoandplay @footballwest

4)

RECOVERY

NAIL IT BY FOCUSING ON THE 4 R'S

- REFUEL WITH CARBOHYDRATE**
- REVITALISE WITH FRUIT & VEG**
- REPAIR WITH PROTEIN**
- REHYDRATE WITH WATER**

Bircher muesli

Breaky wrap

Chicken & salad wrap

Burger loaded with salad

Veggie loaded spaghetti & meatballs

Sushi or rice paper rolls

stay hydrated with water

Fuel to Go & Play.

healthway

FOOTBALL WEST

Caption: After such a big day on the pitch, proper recovery is essential to replenish energy and support growing bodies 🏃

Recovery is a key part of helping young athletes perform at their best. When planning your next meal, think of the 4 R's of recovery:

- 👍 Refuel with carbohydrates
- 👍 Repair with protein
- 👍 Revitalise with fruit and veg
- 👍 Rehydrate with water

Check out @fueltoGoandplay to kickstart great recovery habits.

@footballwest

5)

GAME DAY

SNACK IDEAS

LESS THAN 2 HOURS BEFORE THE GAME!

Whole fruit or a small container of fruit salad

Pop corn

Muesli bar

Plain yoghurt with mixed berries

Small flavoured milk

Fuel to Go & Play.

healthway

FOOTBALL WEST

(Pre game content)

Caption: (Event Name) is tomorrow! We would like to remind all players to keep your tanks topped up with healthy food and to stay hydrated at all times 🍷🍎🏃🏻♂️🏠

Check out @fueルトogoandplay to kickstart great recovery habits.

@footballwest

6)



Caption: Fuel your body with the benefits of dairy 🥛

Packed with carbohydrates to restore energy, protein to build and repair muscles and calcium to strengthen bones 🍌 A small flavoured milk makes a simple and effective recovery snack after each match.

Check out @fueltoandplay to kickstart great recovery habits.

@footballwest

CARNIVAL
SNACK IDEAS

LONGER THAN 2 HOURS
BETWEEN GAMES!

Sandwich, wrap or roll filled with tuna or chicken and salad

Sushi

Tomato-based pasta

Healthy home-made pizza with lots of veggies

Fuel to Go & Play

healthway

FOOTBALL WEST

Caption: Carnival schedules with back-to-back games can be demanding. Keeping your tank topped up with healthy food and staying hydrated with water is key to performing at your best.

Follow these nutrition tips if you have short breaks between games.

Check out @fueltoGoandplay to kickstart great recovery habits.

@footballwest

8)

MORNING IDEAS

FOCUS ON A CARBOHYDRATE

RICH MEAL LOW IN FAT **UP TO 1-2 HOURS**

Aim for smaller carbohydrate meals! **BEFORE YOUR GAME**

fruit & milk

breakfast drink

banana toast

fruit based scones or toast

yoghurt & fruit

milk based smoothies

stay hydrated with water

Fuel to Go & Play.

healthway

FOOTBALL WEST

Caption: For players to perform on the pitch, how you fuel your body is important. Aim for a carbohydrate-rich meal low in fat, about 1–2 hours before your game 🏈

Here are some simple pre-game nutrition ideas:

- Fruit & milk
- Banana on toast, fruit-based scones or toast
- Yoghurt & fruit
- Milk-based smoothies

And stay hydrated with water 🥤

For more practical tips, check out the Fuel Your Body booklet [➔](#)

<https://www.fuelto.go.com.au/resource/fuel-your-body-booklet/>

@fuelto.goandplay @footballwest

9)

FRUIT IS A **NUTRITIOUS** MID-GAME SNACK OPTION



Caption: As a healthy snack at half-time, fruit is the perfect option: full of natural energy and essential nutrients 🍎

A nutritious pre-game meal as well as staying hydrated with water will set our junior players up for success and keep them going strong 💪

For more practical tips, check out the Fuel Your Body booklet [➡](https://www.fuelto.go.com.au/resource/fuel-your-body-booklet/)
<https://www.fuelto.go.com.au/resource/fuel-your-body-booklet/>

@fueltoandplay @footballwest

YOUR VEGGIE CHALLENGE

EAT 5 SERVES EVERY DAY

WHAT'S A SERVE?

1 cup of salad leaves

1/2 cup of cooked veggies

1/2 cup of raw veggies

1/2 cup of canned veggies

1 cup of beans, peas or lentils

1/2 medium potato

One serve is 75g

Fuel to Go & Play
healthway FOOTBALL WEST

Caption: Vegetables play an important role in growth and development 🍅🥕🥦

Adding vegetables to every meal is a simple way to help young people meet their daily needs.

For more practical tips, check out the Fuel Your Body booklet [👉](#)

<https://www.fuelto go.com.au/resource/fuel-your-body-booklet/>

@fuelto goandplay @footballwest

Fuel to Go & Play
healthway **FOOTBALL WEST**

PROTEIN TO GROW

WHAT'S A SERVE?

- 2 large eggs (120g)**
- 80g of cooked lean poultry**
- 65g of cooked lean red meats (90 - 100g raw)**
- 30g of nuts, seed, nut paste, tahini**
- 100g of cooked fish fillet or a small can of fish**
- 1 cup of cooked lentils (150g)**

TOP TIP!
Use the palm of your hand as a guide for the service size of red meat

Caption: Fuel growing bodies by including a mix of lean meats and alternatives like chicken, fish, red meat, eggs, beans and lentils in everyday family meals.

For more practical tips, check out the Fuel Your Body booklet [➔](https://www.fuelto go.com.au/resource/fuel-your-body-booklet/)
<https://www.fuelto go.com.au/resource/fuel-your-body-booklet/>

@fuelto goandplay @footballwest

YOUR FRUIT CHALLENGE!

EAT 2 SERVES EVERY DAY

WHAT'S A SERVE?



1 medium piece of fruit

2 small pieces of fruit

1 cup of canned fruit in juice

125mL juice, no added sugar

One serve is 150g



TOP TIP! Fruit smoothies are a great brekkie or snack option

Caption: 🍌🍇 Keep our young champions powering through! Just 2 serves of fruit a day can help active kids grow strong, stay healthy and boost their immune system.

For more practical tips, check out the Fuel Your Body booklet [➔](https://www.fuelto.go.com.au/resource/fuel-your-body-booklet/)
<https://www.fuelto.go.com.au/resource/fuel-your-body-booklet/>

@fuelto.goandplay @footballwest

13)

The infographic features a yellow background with a white box in the top left containing logos for 'Fuel to Go & Play.', 'healthway', and 'FOOTBALL WEST'. The main title 'WATER WINS!' is in large, bold, black letters. Below it, a green banner reads 'FOLLOW OUR TOP TIPS:'. Three illustrations are shown: a green apple, a blue water bottle with condensation, and a person in a yellow shirt drinking from a water bottle while holding a clipboard. Each illustration is accompanied by a black box with yellow text.

Fuel to Go & Play.
healthway
FOOTBALL WEST

WATER WINS!

FOLLOW OUR TOP TIPS:

Flavour water with fresh fruit

Keep your water bottle on hand and sip from it regularly

Have a break during training and game days

Caption: 💧 Over half of our body is water! Drinking plenty of water keeps kids cool, replaces fluids lost through sweat and helps them perform at their best. Stay hydrated!

For more practical tips, check out the Fuel Your Body booklet [→](#)

<https://www.fuelto go.com.au/resource/fuel-your-body-booklet/>

@fuelto goandplay @footballwest