

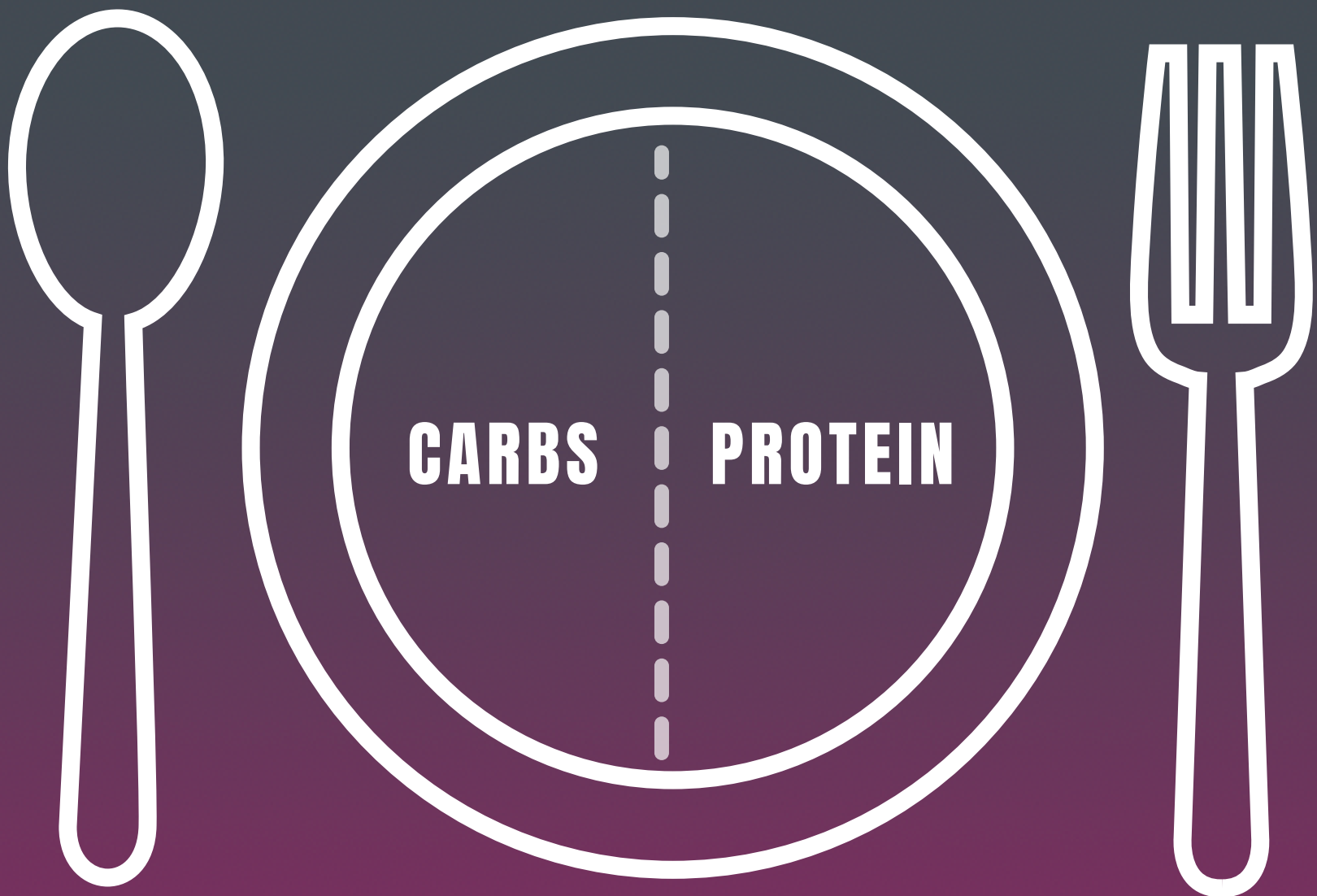
11 WINNING NUTRITIONAL HABITS

1. Eat protein with every meal (fish, meat, eggs, whey protein)
2. Replace white grains with brown varieties e.g. swap white bread for wholegrain bread and visible seeds, white pasta with wholemeal pasta
3. Drink 500ml of water in the morning when you wake up
4. Drink calorie free beverages with or between each meal, best choices being water & green tea
5. Drink fruit juices made using a juicer - they keep their goodness
6. Eat as many as 9 portions of vegetables and fruit each day (*6x vegetables and 3x fruit*)
7. Eat a yellow, purple, red, green and white fruit or vegetable everyday
8. Eat a mixture of fats each day - 1/3 saturated (Dairy), 1/3 monounsaturated (Avocado/Oil) and 1/3 polyunsaturated (Fish/Nuts)
9. Take your daily supplements everyday - multivitamin, fish oil, zinc, magnesium - as they help to optimise your health
10. Eat foods that are "in season" as seasonal food is fresher and so tends to be tastier and more nutritious
11. Drink water and recovery shakes (protein & carbs) after every hard session

GOLDEN HOUR

60 MINUTES AFTER ACTIVITY

QUALITY PROTEIN + CARBS



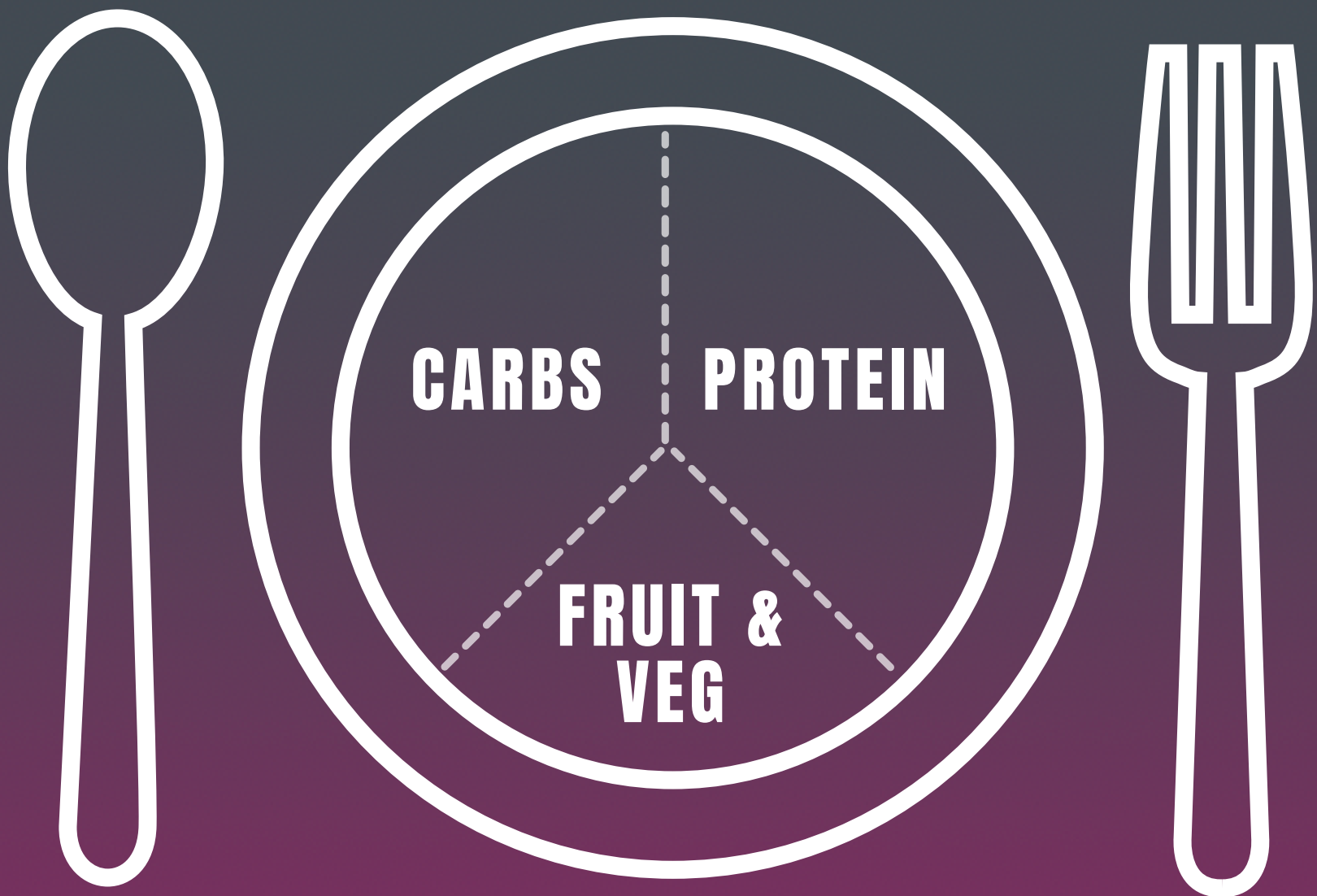
FUELING FOR SUCCESS

BROOKES
Sport

TANK TOP-UP

1 - 4 HOURS AFTER ACTIVITY

BALANCED MEAL



FUELING FOR SUCCESS

BROOKES
Sport