

“Fruit Break”

Our gym is committed to improving children's health through education and physical activity.

We encourage you to support this by providing a bottle of water and some raw vegetables or fruit for their breaks.

Please only send foods with a tick:

✓ Allowed

Vegetables

- ✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

Fruit

- ✓ All fresh fruit (eg whole fruits, chopped melon etc.)
- ✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)
- ✓ Dried fruit – please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

Water

- ✓ Only plain water

✗ Not Allowed

Drinks

- ✗ Drinks other than plain water not permitted
- ✗ All other drinks (including waters with added vitamins, minerals or carbonates)
- ✗ Fruit or vegetable juices or fruit juice drink
- ✗ Fruit cordial or mineral waters

All other foods are not permitted including:

- ✗ 'Fruit' products (eg fruit leather, fruit roll-ups, fruit bars or similar)
- ✗ Fruit jams, jellies, pies and cakes
- ✗ Fruit canned in syrup or jelly or with artificial sweeteners
- ✗ Canned or processed vegetables
- ✗ Vegetable or potato crisps, hot potato chips, olives
- ✗ Vegetable pastries (pies, pasties, sausage rolls)
- ✗ Vegetable cakes, fritters, quiches, breads or similar
- ✗ Popcorn

Eating a variety of coloured fruits and vegetables provides the athletes with the different vitamins and minerals needed so muscle function and repair.