

Go Faster Food for Schools

Anna Rowland, from Bristol, comments on the Go Faster Food For Kids book

I have two sporty sons and my 15-year-old, Tom who plays academy, county and school rugby, is always looking for ways to improve his performance. Tom heard about the Go Faster Food for Kids book from a friend and urged me to buy it. That was nearly a year ago and I can honestly say it has significantly changed our whole family's eating habits.

For me, the most important messages in the book are to eat more Low GI foods, to steer clear of processed foods and to stay hydrated – something I think we all forget to do.

I used to think our diet was pretty good, but after reading the book I could see that we needed to make some changes and if we did, we would all reap the benefits, especially the boys, who have busy training schedules and need to eat plenty of energy-packed foods.

We have introduced many changes. For example, we used to eat shop bought cereals, now breakfast is almost always the very delicious Maple and Almond Crisp, which I picked out from the book. I make up a large batch every week (I know the recipe by heart) and we have it with natural yoghurt or we simply have eggs on granary toast. My eldest, Tom swears by the Apple Power Pancakes, which he rustles up for himself and his brother on weekend match days. It's great to see the boys looking after themselves. I feel that they have learnt at a young age, ways to eat healthily for the rest of their lives.

As a family we now eat only wholemeal pasta and wholemeal pitta bread and my younger son says he prefers the lower GI Sweet Potato Wedges to regular chips. We cook family meals from the book at least twice a week and Juicy Beef Burgers, Sticky Ribs with Brown Basmati Rice and Risi e Bisi are firm family favourites - the boys' friends love the recipes too.

Both my sons are massive fans of Go Faster Energy Bars, Anzac Cookies and Chia Seed Energy Balls as pre and post training snacks, although I try and encourage them to cook them when I'm not around - otherwise they complain that I eat too many of them, they're so good!

My son's rugby academy also pushes the eating clean message and I know when I cook from the Go Faster Food for Kids book I am providing the whole family with a meal that fits the bill.

Cont/d...

Vicqui Christie, from Bristol, comments on the Go Faster Food for Kids book

I love this book. I have three boys and often find them arguing over which recipe to try next and even better, which one of them is going to make it. Now, when I pick them up from school, I give them a banana and a piece of homemade malt loaf or a flapjack. The boys have started to behave better, like most boys they can be a handful, but they've started to put all their excess energy into sport and are really excelling. I've noticed that they really enjoy the food and savour the taste too and I'm so proud of the change in them.

As a family we all enjoy recipes from the book. I have found the book really easy to read, even the nutrition bit, which can sometimes be hard to understand, is straightforward to pick up.

Most importantly for me is to see the improvement in my children's lives. One of my son's BMI has dropped from 23 to 19 since using the book. The other son, who has been playing rugby for the Independent Schools Rugby Football Club, known as The Lambs, was picked as man of the tour on the club's recent tour to Zimbabwe. It just proves that the right 'fuel' works and I recommend the book to every parent, and not just those with kids who love sport, it's a great book for making sure your family is eating well. To encourage young people to take more notice of how food fuels the body, eat a balanced, nutritious diet and see the results. It's giving them the tools for a greater life and that's what we all want as parents.

ENDS