1. Reflect daily exercise demands: this will often mean that larger meals and regular snacking are required to meet the increased energy demands on training days.

2. Dietary and training strategies exclusively designed to manipulate an adolescent athlete's physique independent of performance should be avoided.

3. Adopt eating patterns that provide a regular spread of high quality protein sources across the day, including a plan for the period immediately after a training session.

4. Adjust carbohydrate intake to match actual daily energy demands and adopt strategies to include nutrient rich carbohydrate foods and fluids where possible.

5. Consume unsaturated fats including plant based sources and fish and limit the intake of food containing high concentrations of saturated fats.

6. Ensure dietary iron intake is consistent with the recommended dietary intake. Good sources of iron include red meat, eggs, fish and baked beans.

7. Many adolescent athletes are at risk for low vitamin D status and regular monitoring of vitamin D status is recommended. In this case, supplementation may be necessary to ensure optimal performance and bone health.

8. Young athletes should be encouraged to ensure they are well hydrated before commencing exercise, particularly in hot environments and to adopt drinking practices that limit fluid deficits.

9. It is inappropriate and unnecessary for active and competitive adolescent athletes to consume dietary supplements for the purpose of performance enhancement.