

CARNIVAL PREPARATION

**SMARTER
than smoking**
**Kicking
Off
Healthy
Clubs**

NUTRITION TIPS

Football carnivals, often involve multiple matches which can be tiring if you are not regularly topping up your energy stores with good food and fluids. This can have a real effect on your performance.

At the start of a carnival day and also between matches you should focus on topping up your carbohydrate stores and maintaining your fluid intake. Carbohydrates are the main type of energy used in matches like football. It also helps with maintaining concentration.

RECOVERY PLAN

Recovering after an exhausting day is important, particularly to assist in preparation for the next day's matches.

- ▶ The ideal recovery meal is high in carbohydrates and lean proteins for muscle repair and recovery, eg. a pasta or rice based meal with lean meat (or vegetarian protein alternative), pasta salad, quiche or homemade pizza slices.
- ▶ Organise a quick-to-prepare meal for when you arrive home, or prepare a meal in advance so you just need to reheat and serve it when you arrive home.
- ▶ Take a "recovery pack" to the sporting venue, to have as soon as you finish. Eating something within 10-30 minutes of finishing your match is ideal.

CHECKLIST

- ✓ Take nutritious snacks – things that are packed with energy but not too heavy so you don't feel too full or bloated. Often in the breaks between matches there is not enough time to digest a large meal so regular snacks throughout the day are optimal; for example:
 - Muffins, pikelets
 - Fruit salad or fresh fruit
 - Yoghurt
 - Veggie sticks and dips
 - Rolls and sandwiches with lean meat or cheese and salad
 - Cereal or muesli bars
- ✓ Don't rely solely on food bought at the canteen, it is cheaper and healthier to be organised and take your own food.
- ✓ Drink plenty of fluids. Take your water bottle with you everywhere and sip at least a couple of mouthfuls every 15 minutes during your breaks.
- ✓ Between matches keep out of the sun or cold; try to sit down and rest.
- ✓ If you are suffering from nerves then a liquid meal may be a good option as they tend to be better tolerated. Examples of liquid meals include fruit smoothies or milkshakes.