

EAT WELL

BEFORE, DURING AND AFTER YOUR MATCH
TO KEEP UP YOUR ENERGY LEVELS

WHY EAT WELL

It is important as a player to eat well every day – not just on match days or before a tournament or competition. If you are active you need constant refuelling and hydrating. Your nutrition needs are particularly important to meet requirements for physical activity, as well as growth and development and overall health and wellbeing.

As football player you will play better, for longer and recover quicker from training and matches if you are well fuelled.

WHAT TYPE OF FOODS SHOULD I EAT?

CARBOHYDRATES

- ✓ Carbohydrate rich energy foods, need to be eaten at frequent intervals each day to provide the fuel we need to keep active.

PROTEIN

- ✓ Players should focus their attention on a wider distribution of protein over a day, instead of large serves at 1 or 2 meals.

FATS

- ✓ We all require a small amount of fat in our daily food intake for a well balanced diet. However, it should be in the form of healthier unsaturated fats found in foods like fish, nuts, seeds and avocados.

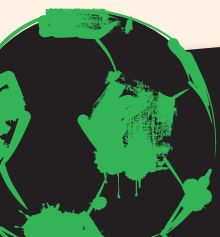
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CHECKLIST

Football competitions 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 competition 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.

- ✓ 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 & 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.



EAT WELL MATCH MENU

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THE DAY BEFORE A MATCH

The day before a match, it is important to ensure your meals contain an adequate amount of carbohydrate and you consume enough fluids.

To achieve this, the focus for meals and snacks should be 'fuel foods' and fluids, and you should reduce your intake of high fat foods during this period.

MEALS FOR ENERGY

- Lasagne – include lots of pasta sheets with lean beef, pork or chicken, tomatoes, spinach, reduced fat cheese and a crunchy side salad or vegetables.
- Meatballs – lean beef with grated carrot and zucchini, tasty sauce, served with a rice or pasta.
- Curry – lean chicken or vegetarian with chickpeas, extra veggies and steamed rice.
- Homemade hamburgers – grill, small quick steaks and top with sauce, beetroot, and lots of salad on a multigrain roll.
- Pizza - uses a pre prepared thick base topped with cherry tomatoes, basil, lean ham and mozzarella.
- Stir fry - toss lean chicken or pork with plenty of vegetables in a sweet chilli and soy sauce, and serve with thick noodles or rice.

HEALTHY SNACKS

- Bread, crumpets or English muffins with jam, honey or vegemite
- Fresh fruit
- Sandwich with cheese, peanut butter
- Vegetable pieces or crackers with low fat dip
- Yoghurt
- Fruit and grain bars
- Pita chips and crackers
- Corn thins or rice cakes
- Scones, pikelets, pancakes
- Milk smoothie with fruit
- Fresh Sushi rolls
- Trail mix with nuts, seeds, dried fruit
- Canned spaghetti or baked beans

MATCH DAY

The aim of breakfast on match day is to consume carbohydrates and fluids to top up stores after a good night's rest.

For matches, you should eat a meal around two hours before the match commences to keep yourself well fuelled. However, if you become hungry again up to one hour before starting exercise, have a small low-fat snack to top up.

PRE-MATCH MEALS

- Porridge (oats or quinoa) with apple and cinnamon
- Toast with avocado, tomato and cheese (or a little feta), with a glass of milk
- Scrambled egg with cheese and tomato, toast and a piece of fruit
- Chicken and salad sandwich with multigrain bread
- Pork and vegetable stir fry with thin rice noodles

ENERGY BOOSTER SNACKS

- A snack pack of canned fruit with fruit yoghurt
- Watermelon slices
- A small box of sultanas
- Bread roll with banana
- Rice crackers with vegetable dip
- Wholegrain fruit bar with a flavoured milk
- Pikelets with jam or honey plus a snack pack canned fruit

REMEMBER TO STAY
HYDRATED AND DRINK
PLENTY OF WATER
THROUGHOUT THE DAY.

AFTER THE MATCH

Recovery after each match or training session is essential to maintain your fuel stores, and therefore perform at your best in future sessions.

RECOVERY SNACKS AND FLUIDS SHOULD BE:

- Started within 30-60 minutes of finishing exercise
- High in carbohydrates with a little protein
- Quick and easy to prepare and eat
- Available at the venue if travel time home is long

COMBINATIONS OF FOODS

That provide valuable amounts of carbohydrate and protein include:

- Yoghurt with fruit
- Smoothies
- Cheese sandwich or cheese on toast
- Baked beans on toast with a glass of milk
- Cereal with milk
- Fruit & grain bars with a milk drink

WINTER - WARMING RECOVERY FOOD IDEAS

- Savoury jaffles with baked beans or mushrooms
- A serve of thick soup with cheese on toast
- Pancakes with warm apple & cinnamon
- A small bowl of warm pasta with cheese
- Crumpets with cheese or a little honey
- Low fat quick cook noodles
- Miso soup with sushi
- A toasted cheese & tomato sandwich