

OSSETT TOWN



JUNIORS F.C.

FOOTBALL FOR

AGES 4 - 18

NUTRITION ADVICE FOR FOOTBALLERS

What foods we eat directly affects how your body performs during training and during a match. Eating the correct foods before training/matches will help you to go that extra mile. This is also equally important that the correct foods eaten after a game will help your body recover quicker. Below is a healthy eating guide that can be adapted to suit any young player.

1 DAY BEFORE A MATCH

Leading up to a match you want to increase your carbohydrate intake slightly with each meal. Carbohydrate foods such as breads, pasta, cereals, potatoes provide energy to the muscles. It is important that the muscles are fuelled before a match, and this starts a day before the match.

For example, the day before a match you would have 1-2 slices of toast in addition to your cereal for breakfast, you would have more pasta or more bread with your lunch and have more potatoes with your evening meal. So rather than eat large meals, you increase your carbohydrate portions with each meal.

Don't forget to increase your fluid intake as well as your carbohydrate intake. Below is an example of a food menu 1 day before a match.

Meal	Food Example	Notes
Breakfast	3 Weetabix and ½ semi	Have toast as well as
	Skimmed milk + 2 slices	cereal or just have more
	Toast with jam	cereal
Lunch	1 Jacket Potato + beans +	Have an additional
	Cheese + 2 slices of bread +	portion of carbohydrate
	1 yoghurt	
Dinner	Spaghetti Bolognese + fruit	Have 2 portions of
	Salad + lowfat custard	carbohydrate instead of 1

Snacks	Nutrigrain Bar	Snack throughout the day
	Low fat flapjacks	you should be eating
	Dried fruit	every 2 ½ - 3 hours
	Fruit/Milkshakes	
Fluids	Sports Drinks	Don't forget to increase
	Fruit Juice	your fluid intake
	Milkshakes	
	Diluted squash	
	Water	

- **PORTION SIZES ARE A GUIDE ONLY AND SHOULD BE ADAPTED TO THE INDIVIDUALS REQUIREMENTS.**

Carbohydrates		Proteins		Fats		Fruit +	Vegetables
Good	Bad	Good	Bad	Good	Bad	Good	Bad
Bread	Sugar	Chicken	Sausages	Olive Oil	Lard	Dried fruit	Avacado
Pasta	Sweets	Turkey	Bacon	Nuts	Butter	Other	Coconut
Rice	Chocolate	Steak	Lamb	Sunflower	Cream	fruits	
Cous Cous	Cakes	Lean Beef	Duck	Oil	Cheese	Carrots	
Honey	Biscuits	Beans				Corn	
Pitas		Lentils				Leeks	
Wraps		Custard				Swede	
Cereals		Yoghurts				Onions	
Cereal Bars		Cottage				Garlic	
Flapjacks		Cheese				Cucumber	
Potatoes		Quorn				Tomatoes	

MATCH DAY

Pre - Match Breakfast Options	
Toast	3-4 slices
Marmalade/Jam	1-2 tbsp
Banana	1 medium
Apple Juice	250ml
Toast	2-3 slices
Beans	½ -3/4 tin
Chocolate milk	½ pint
Apple	1 medium
Yoghurt	1 medium (250 ml)
Bagels	2-3 medium
Jam or honey	1-2 tbsp
Orange Juice	250ml
Cereal Bar (eg Nutrigrain)	1-2 bars
Weetabix	4 biscuits
Semi-skimmed milk	½ - ¾ pint
Chopped banana	1 medium
Honey	1 tbsp
Orange Juice	250 ml

Pre – Match Meal Options	
<u>Chicken Sandwich</u>	
Chicken Slices	3-4 slices
Bread	3-4 slices
Lettuce	1-2 leaves
Tomato	2 thick slices
Potato Salad	½ cup
Apple	1
Yoghurt	1 (250ml)
<u>Tuna Pasta Bake</u>	
Pasta Shells	1-2 cups
Tuna	1 tin
Low fat cheese	2-3 slices
Pasta Sauce	½ jar
Italian Herbs	1-2 tbsp
Sweet corn	½ cup

It is important to eat the pre-match meal at least 3 hours beforehand to allow the food to digest and get transported to the muscles.

If you get hungry the hour leading up to the match snacks listed below can help keep your energy levels up:

- 2-3 Jaffa Cakes
- 1 Banana
- 1 Nutrigrain Bar

HALF-TIME NUTRITION

At half-time it is important to replace the lost fluid and carbohydrate but you don't want to consume too much as it can cause bloating and stomach cramps.

You want to take in high glycaemic index carbohydrates so they get absorbed quickly. See below for suitable options:

- 200-500ml sports drinks eg. Lucozade sport, Powerade, etc
- 1 Banana
- 1-2 handful of sweets (e.g Haribo or Jelly Babies)
- 200-500ml water
- 1-2 Oranges

POST-MATCH NUTRITION

Immediately After

The quicker you have carbohydrates and protein after training the quicker your muscle and body will recover. At the end of a game your immune system is more susceptible to colds and infections so it is vital that you have a recovery drink or similar food immediately after a game.

The best recover nutrition immediately after a match is a milkshake:

- 500ml Milkshake (eg. Nesquik + 1 pint of skimmed milk) and 1 Banana

Milkshakes contain milk which is high in protein, sugar and calcium. These ingredients make milkshakes ideal after matches.

2-4 Hours After

2-4 hours after a match you should eat a complete meal that includes plenty of carbohydrates, protein, healthy fats, vitamins and minerals. It is also important to drink enough fluids to replace lost sweat. A pint of cordial is ideal to have with your meal. Sugary cereals with milk are great for recovery if you cannot get hot meals.

Suitable Meals

- Pasta with chicken
- Spaghetti Bolognese
- Soup and bread
- Sugary cereal with milk
- Baguettes and sandwiches
- Stews
- Rice and meat
- Rice, Meat and vegetables
- Baked potato with tuna/chilli/beans and cheese
- Beans on toast

Avoid:

- Fatty foods, fried foods, and fast foods (such as McDonalds/KFC/Burger King etc).
- Excessive caffeine (a cup of tea or coffee is fine but no more than that)

Guide compiled by Lee Broadbent, Ossett Town Juniors Development Officer.

This information is general advice offered in good faith to help develop good healthy habits amongst the players in the club.

For more information please see the NHS Direct website
(<http://www.nhs.uk/livewell/goodfood/Pages/Goodfoodhome.aspx>).

For specific nutritional and medical advice parents/carers should see their GP.