



NUTRITION GUIDANCE

WHY IS NUTRITION IMPORTANT?



Good nutrition is an important part of leading a healthy lifestyle.

Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases and promote your overall health.

By eating a healthy diet, your body gets the supplies it needs to stay healthy, active and strong.

Making small changes in your diet can go a long way to enhancing your bodies performance.



NUTRIENTS



MACRONUTRIENTS and MICRONUTRIENTS

MACRONUTRIENTS

- **CARBOHYDRATES**
(should comprise 50% of diet)
- **PROTEINS**
(should comprise 20% of diet)
- **FATS**
(should comprise 30% of diet)

MICRONUTRIENTS

- **VITAMINS**
- **MINERALS**



CARBOHYDRATES

- The bodies main source of ENERGY
- Comprised of SUGARS, STARCHES and FIBRE

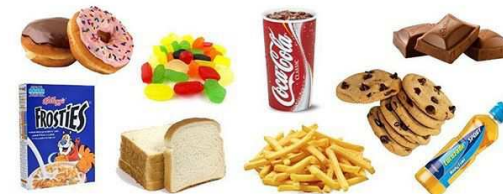
COMPLEX CARBS

- Digested SLOWLY
- HIGH in fibre/nutrients
- Feel full LONGER
- SLOW blood sugar raise



SIMPLE CARBS

- Digested QUICKLY
- LOW in fibre/nutrients
- Feel hungry FASTER
- FAST blood sugar raise



PROTEINS



- Used for GROWTH, MAINTENANCE and RECOVERY
- The structural component of MUSCLE and all other cells
- Aim to consume 0.75g per KG of bodyweight per day

SOURCES INCLUDE

Eggs, Chicken, Fish,

Beans, Lentils, Red Meat





FATS

- Fat is the major STORAGE form of energy
- PROTECTS body by cushioning skin and insulating organs
- Required in moderate amount – too much can be unhealthy

MONOUNSATURATED

Olives, Nuts, Avocados

POLYUNSATURATED

Fish, Corn, Soybean

SATURATED

Red Meat, Cheese, Chocolate

TRANS FATS

Deep Fried Foods, Margarine

MICRONUTRIENTS



- VITAMINS and MINERALS
- Required in trace amounts for optimal GROWTH, FUNCTION and DEVELOPMENT of human function

VITAMINS

examples:

- C – immune health
- B¹² – energy
- D – bone health
- A – eye health

MINERALS

examples:

- MAGNESIUM – muscle contractions
- CALCIUM – bone and teeth health
- IRON – energy levels
- POTASSIUM – hydration

HYDRATION



- Up to 60% of the human body is comprised of WATER
- The body LOSES 0.8 -> 1.4 Litres per hour of exercise
(approx. 2.8 litres per match day)
- The more intense the exercise, the more water is lost

REQUIREMENTS



- Adult MALES require around 2.5 litres of water per day
- Adult FEMALES require around 2 litres of water per day

FOOTBALL SPECIFIC NUTRITION



Footballers are required to perform at a **HIGH INTENSITY** for a long period of time. Players have dietary needs additional to those of the general public.

Optimal performance requires **MORE CALORIES, BETTER HYDRATION** and **TIMED CONSUMPTION.**

pre-match **HYDRATE & FUEL**

during **MAINTAIN**

post-match **REHYDRATE, REPLENISH, RECOVER**

THE IMPORTANCE OF TIMING



In addition to eating the right foods, it is essential to time consumption appropriately to achieve optimal performance during upcoming activity.

Food consumption should be timed in relation to the bodies fuel requirements for your planned activity.

Eating too early or too late can lead to poor digestion of food consumed and result in stomach aches, lower than desired energy levels and poor performance.

PRE-GAME CONSUMPTION



PRE-ACTIVITY: *HYDRATE & FUEL*

- **2-3 HOURS BEFORE:**

- MAIN MEAL (breakfast/lunch/dinner)
- Include SLOW RELEASE carbohydrates
- Drink GENEROUS amounts of water
- Examples of suitable meals include;
 - Oats, Pasta, Wholegrains, Beans, Pulses, Sweet Potato



- **45-60 MINUTES BEFORE:**

- Light, easily digestible snack
- FAST RELEASE carbohydrates
- Drink REGULAR SIPS of water
- Examples of suitable snacks include;
 - Cereal Bar, White Rice, Fruit, Jaffa Cakes





IN-GAME CONSUMPTION

DURING ACTIVITY: *MAINTAIN*

- **DURING:**

- Water
- Energy Drinks
- Energy Gel



- **HALF TIME:**

- Water
- Sweets
- Fresh Fruit
- Dried Fruit
- Jaffa Cakes
- Energy Drinks
- Energy Gel



POST-GAME CONSUMPTION



POST-ACTIVITY: REHYDRATE, REPLENISH, RECOVER

- **WITHIN 45 MINUTES:**

- Generous amounts of water to REHYDRATE
- Carbohydrate based snack to REPLENISH glycogen levels
- Examples of suitable meals include;
 - Fruit, Vegetables, Cereal, Snack Bars, Nuts



- **WITHIN 2 HOURS:**

- MAIN MEAL (lunch/dinner)
- Foods should be of HIGH nutritional value to help RECOVERY
- Examples of suitable meals include;
 - Chicken+Quinoa+GreenVeg, Salmon+Rice+Sweet Potato



GENERAL ADVICE



- Aim for **NATURAL, NUTRIENT, RICH** foods
- **BALANCE** meals in recommended proportions
- **TIME** eating habits based on levels of activity
- Hydration is **VITAL** – consume at least 2.5L water daily
- **PLAN** ahead – ensure availability of food supply

IMPROVED NUTRITION = IMPROVED PERFORMANCE



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