



PERFORMANCE NUTRITION ADVICE BEFORE, DURING, AND AFTER A MATCH

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 bread, pasta, cereal, 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. See the table below for an example of a food menu 1 day before a match

Meal	Food Example	Notes
Breakfast	3 Weetabix + 1/2 semi-skimmed milk + 2 slices toast with jam	Have toast as well as cereal or just have more cereal
Lunch	1 Jacket Potato + beans + cheese + 2 slices of bread + 1 yoghurt	Have an additional portion of carbohydrates
Dinner	Spaghetti Bolognese + fruit salad + low fat custard	Have 2 portion of carbohydrates instead of 1
Snacks	Nutrigrain bar Low fat flapjacks Dried Fruit Fruit Milkshakes	Snack throughout the day You should be eating every 2.5-3 hours
Fluids	Sports Drinks Fruit juice Milkshakes Diluted squash Water	Don't forget to increase your fluid intake

Carbohydrates		Proteins		Fats		Fruits & Vegetables	
Good	Bad	Good	Bad	Good	Bad	Good	Bad
Bread Pasta Rice Cous Cous Honey Pitas Wraps Cereals Cereal Bars Flapjacks Potatoes	Sugar Sweets Chocolate Cakes Biscuits	Chicken Turkey Steak Lean beef Beans Lentils Custard Yogurts Cottage cheese Quorn	Sausages Bacon Lamb Duck	Olive Oil Nuts Sunflower Oil	Lard Butter Cream Cheese	Dried Fruit Other Fruits Carrots Corn Leek Suede Onions Garlic Cucumber Tomatoes	Avocado Coconut

Match Day

Pre-Match Breakfast Options	
Toast Marmalade/Jam Banana Apple Juice	3-4 slices 1-2 tbsp 1 medium 250ml
Toast Beans Chocolate milk Apple Yoghurt	2-3 slices 1/2-3/4 tin 1/2 pint 1 medium 1 medium (250ml)
Bagels Jam or honey Orange juice Cereal Bar (e.g. nutrigrain)	2-3 medium 1-2 tbsp 250ml 1-2 bars
Weetabix semi-skimmed milk chopped banana Honey orange Juice	4 biscuits 1/2-3/4 pint 1 medium 1 tbsp 250ml

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	1/2 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	1/2 jar
Italian Herbs	1-2 tbsp
Sweet corn	1/2 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 e.g. Lucozade sport, Powerade, etc.
- 1 Banana
- 1-2 handful of Sweets (e.g. Haribo or Jelly Babies)
- 200-500ml Water
- 1-2 Oranges

CAUTION!

DO NOT TRY ANYTHING NEW ON MATCH DAY IF YOU HAVEN'T TRIED IT IN TRAINING!

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 recovery nutrition immediately after a match is a milkshake:

- 500 ml Milkshake (e.g. Nesquik + 1 pint skimmed milk) + 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 and 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 Bolognaise
- Soup and bread
- Sugary Cereal with milk
- Baguettes and sandwiches
- Stews
- Rice and meat
- Rice with meat and vegetables
- Baked potato with tuna/chilli/beans + 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)