

Nutrition for football

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Outline

- The day/s before the match
- Match-day
 - Breakfast
 - Pre-match meal
 - Immediately before kick-off
 - Recovery

Introduction

- “One of the most important factors that determine performance in football is the nutritional status of the player; therefore correct training is only part of the puzzle.”

Day before the match

When do you start to prepare?

- Planning your food intake for a match starts a long time before you wake up on match day!
- “Loading” carbohydrates in the days before a game improves match performance compared to those that only consume carbohydrates in the hours before kick-off.

What should I eat on the night before a game?

- Spaghetti bolognese with fruit crumble or fruit salad for dessert.



- This meal is important on the day before all games; however even more so before games that kick-off in the morning or early afternoon as there is limited opportunity to eat on match-day.

Match-day

Kick-off dictates match-day food timing

Morning kick-off (11am)

Light breakfast (6am)

Pre-match meal (8:30am)

Afternoon kick-off (3pm)

Light breakfast (9am)

Pre-match meal (midday)

Evening kick-off (7pm)

Breakfast (9am)

Light lunch (midday)

Pre-match meal (4pm)

What to eat?

- The type of food on match-day is crucial
- Research shows that low glycaemic index (Low GI) carbohydrates should make up the majority of carbohydrates consumed on the day of a match.
 - Feelings of fullness
 - More stable blood glucose levels
 - Promotes fat use during exercise

Low GI Foods

Snacks & Sweet Foods

Slim-Fast meal replacement
Snickers Bar (high fat)
Nut & Seed Muesli Bar
Sponge Cake
Nutella
Milk Chocolate
Peanuts
Walnuts
Cashew Nuts
Nuts and Raisins
Jam
Oatmeal Crackers

Beans

Kidney Beans (canned)
Butter Beans
Chick Peas
Haricot/Navy Beans
Lentils, Red
Lentils, Green
Yellow Split Peas

Dairy

Whole milk
Skimmed milk
Chocolate milk
Sweetened yoghurt
Artificially Sweetened Yoghurt
Custard
Soy Milk

Fruits

Cherries
Plums
Grapefruit
Peaches
Peach, canned in natural juice
Apples
Pears
Dried Apricots
Grapes
Kiwi Fruit
Oranges
Strawberries
Prunes

Breakfast Cereal

All-bran
Rolled Oats
Special K
Natural Muesli
Porridge

Staples

Wheat Pasta
New Potatoes
Meat Ravioli
Spaghetti
Tortellini (Cheese)
Brown Rice
White long grain rice
Sweet Potatoes
Instant Noodles
Wheat tortilla

Bread

Heavy Mixed Grain
Whole Wheat

Vegetables

Green Peas
Sweet Corn
Raw Carrots
Boiled Carrots
Eggplant
Aubergine
Broccoli
Cauliflower
Cabbage
Mushrooms
Tomatoes
Chillies
Lettuce
Green Beans
Red Peppers
Onions

Example meals

Breakfast:

86g Muesli,
257ml Skimmed milk,
Apple,
103g Canned peaches,
128g Natural yoghurt,
257ml Apple juice.

Lunch:

154g Whole wheat pasta,
150g Turkey breast,
50g Cheese,
40g Lettuce,
185g Pasta sauce,
150g Pear,
150ml Apple juice

Dinner:

360g Chilli beans,
200g Wheat tortilla,
50g Cheese,
40g Lettuce,
260ml Orange juice

Snack:

170g Natural yoghurt, 100g Apple, 100g Flapjack.

Total:

3600 Calories, 560g CHO, 88g Fat, 135g Protein.

Immediately before kick-off

- Providing the guidelines have been followed you shouldn't need any additional food
- If absolutely necessary...
 - Carbohydrate containing drinks
 - Energy bars



During the match

Prolonging performance

- Maintain hydration – 150 ml electrolyte-containing fluid every 15 min
- Provide energy – 6-10% Carbohydrate solution
- Addition of protein aids recovery and hydration



After the match (Recovery)

Food for Recovery

- Carbohydrate: Replenishment of energy stores
 - Two phase process
 - 1. Initial fast phase (insulin independent)
 - FIRST 2 HOURS
 - Greatest rates of replenishment
 - 2. Secondary longer phase (insulin dependant)
 - UPTO 24 HOURS

- Protein: Growth and repair of cells

Immediately after exercise

- Greatest gains are made in this 2 hr window
 - Carbohydrate: 1-1.2g/kg/hr
 - Mass = 80kg,
 - Carbohydrate intake = 80-96g per hr
 - Protein: As small as 6g has muscle building effects
 - Generally more the better
 - BUT, 15g is recommended



The remainder of the day...

- Recovery nutrition is then dependant upon the training
 - Moderate duration/low intensity training: 5-7 g/kg/d CHO
 - Moderate to heavy endurance training: 7-12 g/kg/d CHO
 - Heavy exercise programme: 10-12 g/kg/d CHO

Example recovery foods

- Tuna sandwich (wheat bread):

- 25g PRO, 24g CHO, 23g Fat.



- 460ml Chocolate milk (Mars Refuel):

- 14g PRO, 65g CHO, 9g Fat.



- Chicken sandwich (white bread):

- 22g PRO, 72g CHO, 7g Fat.



- Low fat cottage cheese and pineapple (1 cup):

- 20g PRO, 14g CHO, 2g Fat.



Just remember...

- The production and breakdown of muscle is triggered by training but if no food, or the wrong food, is consumed, only breakdown will occur; rendering your training minimal in terms of the adaptations you sought.