

NUTRITION CHEAT SHEET

Breakfast

- Wake up at least 30 - 60mins before being picked up for school – kick in metabolism.
- Never skip breakfast. Carbohydrate is markedly reduced as you sleep and therefore you wake up lacking energy. Eat a Low G.I. + Protein Breakfast. – Low to moderate Glycaemic Index (GI) carbohydrates provide sustained energy release throughout the morning and morning session, e.g. porridge/ bran flakes.
- Water or fruit juices. Drink two glasses of water in morning – to re-hydrate and flush out toxins.

Morning Session

- To monitor hydration, refer to urine colour and based on this assessment consume fluids to ensure you are hydrated throughout the day.
- Have a snack within 30 mins after training (banana, cereal bar, 'sports drink' sweets, and fruit – to ensure sufficient levels of vitamins are being consumed. High GI index carbohydrates should be eaten post-training to promote recovery and is a quick source of energy.

You should still be consuming fluid to ensure hydration, drink 500ml during the hour before training and during training drink water or a sports drink at every opportunity (pre, during and immediately after exercise should be around 6% Carbohydrate, any more may slow rehydration).

Lunch

- Ensure lunch is enjoyable and familiar.
- High in carbohydrate (low GI) to withstand a continuous steady release of energy.
- Low in fat (fats provide a concentrated source of energy in the diet. Fats provide "essential" fatty acids, which are not made by the body and must be obtained from food by eating a well balanced, healthy diet. You will receive a sufficient amount of fat without consuming high-fat foods). Ensure fluids are being consumed.
- Moderate in protein - Essential nutrient to promote adequate muscle repair, maintenance of the immune system and production of red blood cells amongst a number of functions. Can aid muscular recovery following matches. Include both animal and plant-based proteins; use lean cuts of meat/ poultry and use a variety of foods to provide a selection of micronutrients such as Vitamin C, B1, B2, and Iron.
- Low in fibre - DO NOT overload fibre intake; this may cause gastrointestinal distress, resulting in absorption of fluid in the gut and create heaviness/feelings of being bloated, and reduce overall carbohydrate consumption.
- Easy to digest. E.G. 2 fist size portions of complex carbohydrate (potatoes, rice, pasta or bread). 1 fist size portion of lean protein (chicken or fish ideally), assorted vegetables (select a rainbow of colours).

Dinner

- Have a balanced meal of GOOD quality carbohydrates and LEAN protein – with at least one type of high nutrient food found in any fruit, vegetables or salad.
- The best way of ensuring sufficient levels of vitamins are ingested is to eat a wide and varied range of fruit and vegetables each day (3-5 portions per day).
- Iron is essential in an athlete's diet due to its role in oxygen transport in the blood. All players must aim to consume iron-rich foods such as organ and red meats, poultry, fish and seafood. Less absorbent examples (known as non-haem iron foods) include legumes, eggs, fortified cereals and dark green vegetables. It is advised that when consuming foods high in iron to also consume a source of vitamin C as this increases absorption.

Dinner Examples

- Grilled or barbecued meat / poultry / fish / seafood with vegetables or salad including potato / corn / bread. Marinated or stir fried meat / chicken / fish with vegetables and rice or noodles. Pasta with low fat sauce that is tomato or vegetable based.

Snacks

- Consume a snack (banana, cereal bar, 'sports drink (10% CHO)', sweets, fruit) – This ensures sufficient levels of vitamins are being consumed. High GI index carbohydrates should be eaten post-training/post-match to promote recovery and is a quick source of energy.
- Bed time snack - Shrink your non-eating window at night to 8-10 hours. Otherwise, your body will get through its extended fast by tapping into your lean muscle for nourishment. Have a snack high in protein before you go to bed like cottage cheese and berries or a chicken breast that is the size of a deck of cards, natural yogurts, flapjacks, or a piece of fruit with healing/anti-inflammatory/antioxidant properties such as pineapples, blueberries, strawberries/blackberries/bananas aid in recovery.

