



PLAYER RESOURCES 2017

Nutrition & Recovery

PLAYER DEVELOPMENT JOURNAL

NUTRITION & RECOVERY

This information is adapted from Fact Sheets published by The Australian Institute of Sports.

Footballers require a high carbohydrate intake on a daily basis to replenish muscle stores after each training session. This means making carbohydrate foods such as bread, breakfast cereal, fruit, pasta, rice, vegetables, low fat milk and yoghurt the focus of meals and snacks.

Before exercise eat a light carbohydrate snack to keep fuelled during exercise.

Players who fail to consume sufficient carbohydrate may suffer mid-week slumps and progressive fatigue over the season.

Match Preparation: An easily digested high carbohydrate meal should be eaten 2 - 4 hours before a match. Breakfast cereal with fruit, pasta with a tomato-based sauce, bread rolls or sandwiches, baked potatoes with low fat fillings and fruit salad with yoghurt are all good options.

Within 30 minutes of finishing training or matches players should aim to have 50 - 100 grams of carbohydrate and some protein.

Recovery snacks should be combined with fluid to replace any fluid lost during the session. Nutritious carbohydrate/protein recovery snacks include:

- 300 - 600ml low fat flavoured milk
- 250 - 300ml milk shake or fruit smoothie
- 250 - 300ml liquid meal supplement
- 1 sports bar (check labels for carbohydrate and protein content)
- 1 cereal bar + 200g carton fruit-flavoured yoghurt
- 1 bread roll with cheese/meat filling + large banana
- 220g baked beans on 2 slices of toast
- 300g (bowl) fruit salad with 200g fruit-flavoured yoghurt
- 2 crumpets with thick spread peanut butter + 250ml glass of milk
- 300g creamed rice
- 1 large bowl (2 cups) breakfast cereal with milk
- 300g (large) baked potato + cottage cheese filling + glass of milk