

# NUTRITION FOR FOOTBALL CODES

Nutrition is an important factor in the preparation, performance and recovery associated with training and competition for all athletes. Optimal performance during training and competition requires a carefully balanced nutritional regime and to achieve this, athletes, performance staff and coaches should ensure the following basic principles are adhered to:

1. Adequate energy (kilojoule) intake.
2. Adequate carbohydrate intake.
3. Appropriate protein intake.
4. Healthy fat intake.
5. Optimal hydration and fluid balance.
6. Adequate vitamin, mineral and antioxidant intake.
7. Maintain an appropriate body weight, lean body mass and body composition.
8. Maintain and support a healthy immune system.
9. Planning of pre-match meals and recovery regimens.
10. Sensible alcohol and fast food / take-away intake.

## Why is good nutrition important?

- **Basic fuel for the body.**
- **Builds optimal body composition.**
- **Allows for optimal recovery post sessions.**
- **Energy on a day to day basis.**

## Key areas of nutrition for optimal performance

- **Growth for younger players.**
- **Optimal body composition.**
- **Game preparation and recovery.**
- **Supplementation.**
- **Hydration.**

## OFF-SEASON / PRE-SEASON

The off-season and pre-season periods are an important time to concentrate on specific goals (physical, mental, skill acquisition, etc) to support ongoing athlete development and improved performance in the upcoming season. Prior to commencing the off-season phase of training players should consult performance and coaching staff and collectively make a decision regarding individual goals and what the priorities are for next season, such as whether or not the athlete would benefit from:

- Increased lean muscle mass and decrease body fat.
- Increased lean muscle mass and maintain body fat.
- Maintain lean muscle mass and decreased body fat.
- Maintain current anthropometric characteristics.
- Increase strength without a substantial increase in body mass.

The dietary strategy should then be outlined to achieve those goals by providing sufficient daily energy (kilojoules), carbohydrate and protein intake to facilitate quality training, assist recovery, delay fatigue and reduce susceptibility to illness or injury.

## CHECKLIST FOR OFF SEASON DIET

Speak to performance staff as to whether you would benefit from weight loss, weight gain or loss of body fat prior to the next season. Seek assistance from performance staff and a sports dietician if available in planning an individual dietary regimen to reach these goals – including practical shopping and cooking tips if appropriate. Ensure sufficient daily energy (kilojoules, carbohydrate and protein) intake to facilitate quality training, assist recovery, delay fatigue and reduce susceptibility to illness.

Maintain adequate fluid intake – particularly in the warmer off season weather.

Meals and snacks should be planned to suit individual training routines, plan the week in advance and set aside time to shop so pantry supplies are available and you don't run out of food and end up ordering pizza 3 nights a week.

## SAMPLE FOODS THAT SHOULD ALWAYS BE STOCKED IN THE ATHLETE'S FRIDGE / PANTRY:

1. Body Science Protein Powder
2. Peanut butter
3. Multigrain bread
4. Tinned fruit in natural juice
5. Light ice cream
6. Light yogurt
7. Block light cheese
8. Lean mince
9. Chicken breast
10. Walnuts, almonds
11. Tuna
12. Pasta
13. Rice
14. High Protein Bar
15. High Protein Balls

## AVOID WEIGHT AND BODY FAT GAIN

Carrying extra body fat will not make life any easier when training resumes in preparation for the upcoming season. An over-weight player will have a decreased power-to-weight ratio, decreased endurance, strength, speed and agility – all factors which will influence performance and make the pre-season training period particularly demanding.



## THE MAIN CAUSES OF WEIGHT GAIN ARE:-

Consuming excess total kilojoules – particularly in the latter part of the day.  
Consuming excess fat, or alcohol and fat combined (usual suspects are KFC, McDonalds, Pizza).  
Skipping meals – especially breakfast and lunch.  
Bingeing between meals or late at night when out socialising with friends.

The most effective way to manage body weight or body fat over the break is to: Spread food intake over 5 – 6 small meals per day rather than 2 – 3 large ones. Eat enough to ensure adequate energy for training and adequate carbohydrate to maintain glycogen stores, and satisfy your appetite.  
Decrease consumption of fats, excess refined sugars and alcohol – which provide the highest kilojoule content for the lowest nutrient value.  
Spread protein intake over the whole day – not all in 1 or 2 meals.  
Change poor eating habits such as eating when bored, stressed, depressed, celebrating or merely due to habit or social occasions.  
Allow planned “treats” to avoid any episodes of bingeing.  
Monitor body weight levels regularly.

## TIPS FOR NIGHT TIME MEALS FOR ATHLETES:

- Include a protein and carbohydrate source as well as many coloured vegetables as possible.
- If you are trying to watch your own weight, just serve your own serve of carbohydrate up separately so it is smaller (or non-existent!).

## EXAMPLES OF DINNER MEALS INCLUDE:

1. Stir-fries with lean meat, low fat sauces and plenty of vegies. Use basmati (or doongara, mahatma) rice due to their lower glycaemic index.
2. Pastas – lean meat, tomato or pesto based sauces and vegies.
3. Risottos – based on stock, add a small amount of parmesan or reduced fat sour cream for a creamier taste.
4. Taco/Burritos with plenty of salad and low fat sour cream.
5. Healthy Homemade pizzas with reduced fat cheese, lean meat and plenty of vegies.
6. Meat and Veg – with plenty of potato, sweet potato or corn added as starchy vegetables to add carbohydrate content.
7. Grilled fish and oven baked fries with side salad.
8. BBQ with salad and a carbohydrate source (example potato bake, jacket potatoes, bread, salad with sweet potato).



## SNACKING

Regular meals and mid meals are important for athletes to prevent muscle breakdown and to ensure that you have enough energy for training and recovery. In order to optimise training and recovery, meal and snack choices should contain both protein and carbohydrates. Protein is important for muscle growth, repair and recovery, while the carbohydrate fuels your muscles.

## GOOD SNACK CHOICES

- A piece of fruit and a tub of low fat yoghurt.
- Banana smoothie with low fat milk.
- Chicken, ham, tuna or cheese sandwich on low GI grain bread.
- Bowl of breakfast cereal with low fat milk and banana.
- 6-8 cracker biscuits with low fat cheese and Vegemite.
- Toasted sandwich with small tin of baked beans or spaghetti.
- Skim milkshake.
- Protein bar.
- Protein shake.

## IN-SEASON/GAME DAY NUTRITION

### PRE-GAME PLAN / NIGHT BEFORE GAME MEAL IDEAS:

- Plain pasta with a tomato/vegetable sauce + lean meat such as chicken breast or tuna.
- Stay away from creamy sauces and fatty meats OR Stir fry with chicken or beef and noodles.
- Add bread rolls, orange juice or cordial to the meal.

Dessert

- Low fat yogurt or custard with fresh fruit OR
- Fruit salad and low fat ice cream.

REMEMBER: Fluid load the day before by drinking ~3-4 litres of water. Aim for your urine to be clear all day.

### GAME DAY: ~7AM GAME BREAKFAST

Ideas on what to offer exact combination will depend on individual.

- Breakfast cereal + low fat milk and banana.
- Grain toast with eggs.
- Pancakes with low fat yoghurt.
- Orange juice and water.

Drink water all morning so your urine is clear.

### LUNCHTIME ~12PM

- Plain sandwiches on white bread rolls with jam and peanut butter, banana or lean meat such as ham or chicken breast on white bread with no butter or breakfast cereal with low fat milk or Sports Drink.
- Orange juice or Sports Drink.

For light eaters: cereal bars with Sports Drink.  
For non-eaters: liquid meal protein shake (BSc Nitrobulk, Nitrovol).

### AT THE GROUND:

- 150min Pre-Game.....Essential Amino BCAA Fuel (1.5 scoops in 300ml water).
- 60min Pre-Game..... BSc Sports Drink  
<100kg 2 Cups  
>100kg 2.5 Cups

The more you consume the greater the cooling effect for slushie (hot environment), if non cooling effect required consume as chilled drink.

### WARM UP

Take Caffeine 200-300mg (K-OS Pre-Workout 10g, 1 scoop in 300ml water).  
BSc Energy Gel x 2 (35g ea).

### HALF TIME

Take 600ml Sports Drink.  
BSc Energy Gel x 1 (35g ea).  
BSc K-OS Pre-Workout 10g (1 scoop in 300ml water).

### THROUGHOUT GAME

Sports Drink at every opportunity.

## SUITABLE FOR:



# RECOMMENDED PRODUCTS



## INCREASE LEAN MUSCLE & DECREASE BODY FAT OR MAINTAIN MUSCLE.

Nutrition and snacks are an important factor in the preparation, performance and recovery associated with training. [Learn More.](#)

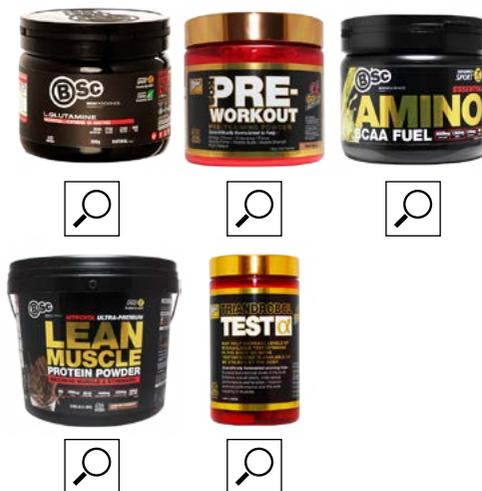
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## GAME DAY NUTRITION

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