



Nutrition Guide

(This guide is for ages 15-16. Please adjust for your child)

Fuelling your body with the right amount of fluid and nutrients such as carbohydrates, proteins and fats will play a massive part in allowing you to reach your full potential in football.

A nutritious diet is also vital in helping protect you from injuries and ensuring optimum recovery after training and matches.

As your levels of physical activity increase so does the demand for food and fluid. In the same way a plane needs fuel for take off our body needs fuel to perform.

Therefore, it is extremely important that you eat and drink regularly throughout the day to make sure that your muscles are fully charged and ready for action.

Each day aim to refuel your body 6 times.

- 1: Breakfast
- 2: Morning Snack
- 3: Lunch
- 4: Afternoon Snack
- 5: Dinner
- 6: Evening Snack

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BREAKDOWN OF FUELS

CARBOHYDRATES

Fuel that powers the body, energy & immune system

Energy source for brain and nervous system

Types of Carbohydrates

SLOW RELEASE CARBOHYDRATES

1st meal on a game day = Grains, Sweet Potato, Beans, Porridge.

FAST RELEASE CARBOHYDRATES

After match/Training Meal = Pasta, Bread, White Rice, Potato, Muesli Bar, Bananas.

FATS

Transport Vitamins - Provides essential fatty acids for heart health

Eggs, Avocado, Nuts, Olive Oil, Coconut Oil, Fish, Peanut butter.

PROTEIN

Broken down into Amino Acids, Builds, Maintains & replaces tissue in your body - Important in developing strength and aiding recovery.

Meat, Eggs, Milk, Yoghurt, Chick Peas, Fish, Spinach

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HYDRATION

In order for your body to properly function during basic everyday tasks you must ensure that you are adequately hydrated at all times. Nearly all major systems in your body depend on water. It is the medium for all chemical reactions, including accessing stored energy from muscles and plays a major role in muscle growth. The importance of hydration greatly increases as the physical and mental demands of training and games are added into your daily schedule.

Dehydration occurs when the amount of fluid leaving your body is greater than the amount of fluid you take in. Sweating is a physiological process and during physical activity becomes a major source of water loss from your body.

Quite simply dehydration will reduce your endurance levels, decrease your level of strength and can cause cramping. **It can also impact negatively on your coordination, concentration and decision making throughout training & games.**

- By the time you are thirsty = you are already dehydrated
- 2% (Hardly anything) drop in hydration = decrease in physical performance
- Minimum 2L of water per day – More on training/match days
- Carry a water bottle with you.

GUIDE MEAL PLAN

Friday (before game day) examples

BREAKFAST

- 2 slices of wholegrain / rye bread with baked bean / scrambled eggs and grilled tomato / mushrooms
- Smoked salmon on granary bread spread with avocado or low-fat cream cheese
- Porridge made with semi-skimmed milk with honey & walnuts & dried apricots

MORNING SNACK

- Low-fat yogurt (probiotic or Greek)
- Handful of brazil nuts & berries
- 2 kiwis / an orange / an apple

LUNCH

- Wholegrain sandwich with ham / chicken / tuna & salad
- Large baked sweet potato with mild extra lean chilli / tuna / baked beans
- Whole-wheat couscous / whole-wheat pasta with grilled chicken & salad

AFTERNOON SNACK

- Handful of hazelnuts & berries with low-fat yogurt
- 1 slice of whole-wheat pitta bread topped with tuna / chicken / ham & salad
- 1 slice of wholegrain bread topped with peanut butter & green tipped banana

DINNER

- Turkey / extra lean beef burgers, oven baked sweet potato with a side salad / steamed vegetables
- Extra lean mince & whole-wheat spaghetti bolognese
- Chicken pesto whole-wheat pasta
- Cod & oven baked sweet potato chips with a side salad
- chilli con carne with brown basmati rice

EVENING SNACK

- 3 whole-wheat oatcakes spread with cottage cheese & cucumber / tomatoes
- Hummus with carrots / cucumber

GUIDE MEAL PLAN

Game day examples

Today foods (pre-match) should contain slow releasing carbohydrates. These will ensure your muscles have the maximum amount of fuel available throughout your match.

BREAKFAST- PRE-MATCH MEAL (3-4 HOURS BEFORE MATCH)

- Porridge with semi-skimmed milk & honey
- Scrambled / poached eggs / soft boiled egg with rye / whole-wheat toast
- Baked beans on wholegrain toast

SNACK- PRE-MATCH (1-1.5 HOURS BEFORE MATCH)

- Low fat yogurt with berries
- Fruit

POST-MATCH MEAL (30mins AFTER MATCH)

- Water!!!!
- Banana + Chocolate milk
- Muesli bar + protein shake
- Fruit Juice and + yogurt

LUNCH (Within 2 hours of a match)

- Extra lean minced beef shepherds pie made with white potatoes
- White pasta with pesto & chicken
- Baguette / baked potato filled with chicken / tuna / prawns / baked beans & salad

AFTERNOON SNACK

- Fruit and fibre cereal with milk
- Baked beans on whole wheat toast
- Low-fat yogurt, banana & dried apricots

DINNER

- Chicken / lentil soup with wholegrain bread
- Whole-wheat sandwich with chicken / smoked salmon & low fat cream cheese & salad
- Sweet potato with baked beans / tuna / extra lean chilli

EVENING SNACK

- Whole-wheat oatcakes & cottage cheese / humous
- Oatabix / Weetabix with semi skimmed milk & almonds



GUIDE MEAL PLAN

Sunday (Recovery post game) examples

The aim for the day after the match is to get your body back to full health and fitness! The key to recovery and repair is high levels of protein and antioxidants. So Breakfast however should be high in protein to kick-start the recovery process for the day!

BREAKFAST

- Wholegrain / rye bread with smashed avocado poached / soft boiled egg with venison sausages
- Porridge, semi-skimmed milk with honey, nuts & berries
- Ham, mushroom & spinach omelette with slice of wholegrain toast
- Grilled tomato with smoked salmon & scrambled egg on wholegrain pitta bread

SNACK

- Small green tipped banana & peanut butter
- Large slice of mango/ plum and low-fat organic yogurt
- Dried fruit and nut mix

LUNCH

- Vegetable packed extra lean beef lasagne
- Tuna, whole-wheat pasta bake with peppers and sweet corn
- Whole-wheat, vegetable packed spaghetti with extra lean beef bolognese
- Venison sausages with sweet potato mash & asparagus / selection of steamed vegetables
- Salmon with oven baked sweet potato chips & selection of steamed vegetables
- Sea bass with quinoa and broccoli / selection of steamed vegetables
- Lean turkey mince, brown rice & copped vegetables stuffed in peppers

AFTERNOON SNACK

- Brazil nuts & pumpkins seeds mix
- Kiwi / berries & a probiotic yogurt
- Apple and peanut butter
- Oat cakes with cottage cheese

DINNER

- Tuna / chicken pasta salad

- Vegetable soup with a slice of whole-wheat toast
- Mixed bean & turkey / smoked mackerel salad in a slice of whole-wheat pitta bread
- Chicken & avocado quinoa salad

EVENING SNACK

- Slice of whole-wheat toast spread with cottage cheese
- Fruit and fibre / All Bran cereal with semi skimmed milk

IMPORTANT NOTES

REMEMBER THIS IS A GUIDE ONLY FOR PLAYERS AGED 15-16 YEARS.

1. Don't skip breakfast
2. Be prepared – know what you have on for the day/ week
3. Eat meals to fuel the body – 3 meals isn't enough for someone who does 6+ hours of football per week
4. Post-match meal is the MOST important
5. Make better decisions with your food.
6. As a footballer your body is your tool for your job, imagine if a carpenter, builder, race car driver had rubbish tools – how would they perform?
7. WATER