

HEALTHY EATING FOR FUTSAL

NUTRITIONAL GUIDE



PERFORMANCE NUTRITION

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FUTSAL

AIM OF THIS EBOOK

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The purpose of this book is not to give you a step by step diet plan but to increase your understanding of Nutrition and how it can aid your performance.

Disclaimer: The information in this eBooks is not tailored towards special dietary requirements or allergies, use of this information is strictly at your own risk. This is not medical advice, always consult a physician before starting any new exercise or nutrition protocol.



Futsal places a high demand on both aerobic and anaerobic energy pathways due to the repeated maximal sprint efforts required and the high-intensity nature of the game.

The aim of this ebook is to provide key nutritional recommendations that athletes and support staff should be aware of to help optimise performance and recovery.





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FUTSAL INTRODUCTION

Futsal is an indoor variation of Football, (association soccer), sanctioned by Federation de Football Association (FIFA), it's long-standing history dates back to the 1930's in South America. Futsal is a high-intensity 5 vs 5 indoor sport, it is played on a 40 x 20m court, over two halves of 20min and substitutions are unlimited, this allows for more breaks and longer recovery times during the game for players. The popularity of Futsal is growing worldwide with millions of players competing from amateur to professional level. The Futsal world cup championship was first held in 1989 and is held every 4 years.

Futsal players require good aerobic endurance and repeated sprint ability for their sport (Alvarez et al. 2009; Castagna et al. 2009). Optimal nutrition practices for athletes are essential for maximising performance, training adaptations and recovery hence developing nutritional knowledge with athletes will translate to better understanding and compliance (Stølen et al. 2005; Potgieter, 2013; Steffl et al. 2019).



BACKGROUND FROM MY MASTERS RESEARCH LOOKING AT FUTSAL NUTRITION

Although it is common within the literature to find studies investigating the high physical demands of futsal there is a clear lack of research on nutritional knowledge and nutritional guidance specific to the sport of Futsal (Moore et al. 2014). Comparisons therefore must be drawn from studies involving athletes from similar sports such as soccer, and basketball findings from these studies suggest athletes nutritional knowledge is sub-optimal with athletes consistently failing to meet energy and carbohydrate (CHO) recommendations (Stølen et al., 2005; Potgieter, 2013; Devlin et al. 2017; Steffl et al., 2019; Noronha et al. 2020).

Nutritional knowledge has been found to be a prevalent factor influencing dietary intake in athletic populations (Kreider, et al. 2010; Heaney, et al. 2011).

The primary aim of my study was to investigate current nutritional knowledge of amateur male futsal players and national team level players in Northern Ireland.

Secondary aims included assessing any relationship between nutritional knowledge and players' dietary intake. I hypothesised that athletes were likely to have inadequate nutritional knowledge and subsequently inadequate dietary intakes.



CONCLUSIONS FROM MY MASTERS RESEARCH LOOKING AT FUTSAL NUTRITION

My research study provided insight into the nutritional knowledge and dietary intake of a cross-section of futsal players in Northern Ireland, the findings from my study suggested that participants overall nutritional knowledge was poor $M=46\%$ and dietary intakes were suboptimal with participants under consuming calories and CHO.

The findings suggest all players, including international players within the Northern Ireland Futsal league require additional support performance-based nutrition plans and ongoing nutritional education and strategies deployed to teams to highlight the importance of dietary intake for performance, recovery and body composition.

These findings provided me with the justification to create this ebook as there is a clear need to support Futsal Players with Nutritional knowledge, when creating this ebook I drew from nutritional recommendations and best practices from other professional sports similar to futsal and the most current and relative scientific evidence.



NUTRITIONAL ADVICE

As a Futsal Player you shouldn't underestimate the importance of your nutrition, what you eat will have a direct effect on your performance at training and matches as well as your ability to recover properly.

Eating good quality ingredients versus packaged convenience foods is of utmost importance; equally important is making sure you are getting the required intake in calories and macronutrients (protein, carbohydrate and fat) in order to properly fuel and recover from your workouts, sessions and games.

This ebook contains information that will help players make informed choices to meet their nutritional needs in different situations. This information will be of use to the players who are serious in their aspirations to develop a career in futsal.

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NUTRITIONAL ADVICE - BALANCED DIET

As a Futsal player you should be striving to eat a good variety of foods from the following four groups; Fruit and Vegetables; Bread, Rice, Potatoes, Pasta; Milk and Dairy Foods; Meat, Fish, Eggs, Beans to help ensure you obtain the wide range of nutrients needed to stay healthy.

By choosing different foods from each group you will add to the range of micronutrients you consume. Foods in the remaining group (Foods and Drinks High in Fat and/or Sugar) are not essential to a healthy diet and should be consumed only rarely and in small quantities if consumed at all.

Drinks such as fruit smoothies, liquid meal supplements, fortified milkshakes, and juices can provide a substantial source of energy and nutrients that are quick and compact to consume and less likely to cause discomfort (bloating) than bulky foods. Sugary foods and specialised sports products (drinks, bars) can provide a compact form of carbohydrate and other nutrients, which is particularly useful when energy needs are high. Players should use creative ideas and good planning to arrange a supply of portable snacks and drinks that can travel with them over their day.

See below the eat well plate, this is a visual representation of healthy eating guidelines





CARBOHYDRATES - 1G = 4KCAL

Carbohydrates, (CHO), main role in metabolism is to provide quick readily available energy for high intensity activities, the more high intensity the more CHO used for energy production. CHO is the optimal substrate for sports performance when compared to proteins and fats, the rate of ATP creation is too fast only CHO can keep up.

Glycogen a storage form of CHO, is partially stored in the liver but mostly stored in the skeletal muscle that produce the energy and force for movement. High levels of glycogen increase anabolic signaling to other parts of the cell within the muscle, meaning muscle growth occurs more readily, the same is truth in reverse if muscle glycogen remains depleted for extended periods of time this can reduce muscle contractile tissue and may inhibit muscle growth.

The nervous system which signals the muscles to contract prefers CHO as its substrate of choice, and works most optimally at high levels of blood glucose, CHO when ingested increases blood glucose. This increase has also shown to have anti-catabolic effects on the muscles at high levels of exercise intensity, making CHO consumption which is higher on the Glycemic Index (GI) after and even during matches and training for an athlete essential, this also facilitates adequate recovery to allow the athlete to again compete at a high intensity and produce an optimal performance.



CARBOHYDRATES - FUTSAL UTILISATION

There are **2 types** of carbohydrate (CHO):

Slow Releasing CHO Wholegrain bread, wholegrain pasta, brown rice, sweet potato, whole oats, grains and beans. This type of carbohydrate is found in unprocessed foods and tends to be wholegrain options. Energy is released slowly into the body, keeping you feeling fuller for longer. They are also full of nutrients, minerals, vitamins and fibre which all play an important role in fuelling the body of a futsal player to cope with the demands of training and games.

Quick Releasing CHO are generally higher on the Glycemic Index (GI), this includes foods such as White bread, white pasta, white rice, white bagels, breakfast cereals with high sugar content, mashed potatoes, sweets, packaged foods/snacks This type of CHO is found in foods which are mainly white in colour which have been refined and had nutrients removed.

These are quickly absorbed and energy is immediately available, however this only lasts for a short period of time. Quick releasing carbohydrates increase your blood sugar levels which can lead to an increase in weight as well as risk of developing type 2 diabetes.



FATS - 1G= 9KCAL

Fat plays a number of roles in our bodies including protecting our vital organs, keeping the body warm and helping with the transport of vitamins around the body, therefore futsal players should aim to eat a small amount of unsaturated fats within their diet. There are 2 types of fat players should be concerned about:

Unsaturated Fats: These include eggs, oily fish, Nuts, avocados, virgin olive oil, olives etc. This type of fat can be considered as 'good fat' and helps to improve our cholesterol as well as overall heart health. It provides your body with several essential fatty acids which it cannot make on its own. Unsaturated fats also help to develop strength, speed and power which you require as a futsal player.

Saturated Fats: These include greasy/oily takeaways, ready meals, Meat fats, butter, cheese, mayonnaise, doughnuts, chocolate, pies, cakes, crisps etc. This type of fat raises your bad cholesterol (LDL) and lowers your levels of good cholesterol (HDL). It also blocks arteries which restricts the flow of blood which carries oxygen to the heart and brain.

In order to try and eat more unsaturated fats you should cook with fresh ingredients at home, use healthier methods of cooking such as grilling, steaming, baking or use equipment such as air fryers and avoid takeaways, junk food and packaged and processed convenience foods as much as you can.



PROTEIN - 1G= 4KCAL

Protein is used within the body for growth (building muscle) and repair (recovery from training). Protein is constantly being used by the body, although it is not stored in the body which means as an athlete it is important to consume adequate amounts of protein each day. Most Futsal Players should aim to consume between 1.2-2.0g/kg/day of protein. Each meal should contain at least a palm size portion. Protein can be found in: Meat, fish, poultry, eggs, dairy products, nuts, lentils and legumes.

Futsal Players should aim to eat lean cuts of meat and a minimum of 2 portions per week of oily fish such as salmon and mackerel as these provide omega 3 fatty acids as well as lean protein

Protein can come from both animal and plant sources however most plant sources individually will not contain a complete amino acid profile therefore if you are a vegetarian or vegan you will need to obtain your protein from a variety of different plant sources and/or supplements - specific personalized nutritional protocol may be necessary to optimize performance for these athletes.

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SALT AND SUGAR

Salt: Excess salt can cause an increase in blood pressure which can cause negative effects to an athletes health or our heart. It is not recommended to add any salt to our meals as food within western society generally contains high levels of salt, these levels are even higher in convenience foods such as takeaways and ready meals therefore should be avoided by competitive athletes.

Sugar: Excess sugar can cause weight gain, tooth decay and affect your blood sugar levels and lead to conditions such as insulin resistance and type 2 diabetes.

Futsal players should avoid fizzy drinks however if you do consume a fizzy drink, ensure it is sugar free, there are plenty of zero calorie and diet options on the market.

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VITAMINS AND MINERALS

Futsal puts a lot of stress on the body, vitamins play a vital role in energy production and in supporting the bodies immune and nervous system, therefore it is essential to consume a varied and balanced diet of nutrient rich foods to ensure the body is provided with everything it needs, iron, copper, manganese, magnesium, selenium, sodium, zinc, and vitamins A, C, E, B6, and B12 are particularly important to health and performance.

Eating a varied diet based largely on nutrient-rich foods such as vegetables, fruits, beans, legumes, grains, lean meats, fish, dairy products, and unsaturated oils will allow most athletes to meet the recommended intakes for vitamins and minerals.

Those who restrict their diet or do not eat a variety of different nutrient dense foods run the risk of becoming deficient in vitamins and minerals which will have a negative effect on a athletes development, recovery and performance.

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Urine colour chart

Are you drinking enough?
Let your wee help you see!



Its important to note that some medications, vitamin supplements and food can alter the colour of your urine.

HYDRATION

To optimise performance athletes must be well hydrated at all times, almost all of the major systems and processes in our body depend on water, these demands only increase when an athlete is training or playing a match.

The amount of water each athlete needs can differ depending upon a number of variables including sweat rate, temperatures exposed to, climate and intensity of physical exertion.

Dehydration occurs when the amount of fluid leaving the body is more than the amount of fluid that you take in. Dehydration it will cause a reduction in strength output, endurance levels, and can lead to cramping. Dehydration can also impact upon your mentality causing brain fog, reduced co-ordinated, and concentration, this leads to poor performance out-comes such as poor decision making and reaction times.

Weigh yourself before and after training/matches to see how much fluid you are losing. For every 1kg lost 1-1.5 litres of fluid is needed to re-hydrate.

By the time you are thirsty you are already dehydrated! A quick and easy way to test if you are dehydrated is to check the colour of your urine. You should be between levels 1-3, check this on the chart above.



BREAKFAST

Breakfast is an important meal for any athlete. When you sleep you are also fasting for a number of hours, your body needs resupplied with nutrient dense food and protein. Below are some breakfast recommendations:

Fruit Smoothie: (water/milk, oats, frozen berries, flax seeds, cinnamon, whey protein powder (optional)), Shakes are an easy way quickly ingest a lot of nutrients and calories, they are quick and easily digestible due to it being a fluid meaning your body will absorb it quicker than solid foods. Put all the ingredients into a blender and mix with water/semi-skimmed milk and a few ice cubes/frozen fruit, you can also add a scoop of whey protein powder if required.

Omelets: (2-3 Eggs, Peppers, Mushrooms, Onions, Spinach) serve with wholegrain Toast or Bagels Omelets. Omelets are an easy way to get in protein and a serving of vegetables in the morning. Full Eggs (yolk included) contain all 9 essential amino acids and are highly concentrated in vitamins and minerals and are among the best sources of choline you can get (a very important nutrient for the brain).

Porridge: (mix in oats, berries and flax seeds) Oats are a great option as they are a slow digesting CHO which is great for steady sustained energy release in the morning, they also contain some fats and protein; you can also add a scoop of whey protein to them if you require added protein within your diet.

Add flax seeds to increase fibre intake they are also high in essential minerals and a healthy fat source. Also add some Berries such as blueberries, blackberries, strawberries and raspberries they are rich in antioxidants, Vitamin C and add a lot of sweetness despite being low in calories. Mix with water or milk or a mix of both and then cook on the hob or in microwave.



LUNCH

Typically lunch for an athlete will be relatively low in fat, high in CHO and with moderate amounts of protein, the purpose is to refuel athletes and prepare their body for training/matches later in the day. Below are some lunch examples:

Pasta Dish: Wholegrain Pasta is very popular amongst futsal players due to its high CHO content it is simple to make and you can easily add large amounts of vegetables including peppers, tomatoes and mushrooms and lean meats such as steak and chicken. Go for vegetable based sauces as white cream based sauces can contain large amounts of fat and can be very calorie dense.

Healthy Rolls, Wraps, Sandwiches, Pitta Breads, Toasties, Panini: When possible go for wholegrain options, the advantage of this type of meal is they are widely available, convenient and easy to prepare. Make sure whatever sandwich or wrap option you choose you pack full of vegetables and lean meats such as chicken, turkey, tuna etc. Try to avoid high fat condiments and go for vegetable based ones or low fat options.

Baked Potato: Both white potatoes and sweet potatoes are packed full of nutrients, they are easy to prepare and can be topped with a number of things to create a healthy filling meal such as tuna, baked beans, lean meats etc. Potato skins can also be eaten to add fiber to your diet.



DINNER

For Futsal Players most of whom are completing single or double session days it is vital that your dinner is a nutrient dense meal, this meal will help prepare your body for the next day, it is essential this meal contains some high quality lean protein to aid in your bodies recovery and try to consume around 200g of vegetables with this meal as well. Try to use fresh single ingredients and cook using healthy methods such as steaming, grilling, baking or air fryers. Below are some examples:

- Any lean Meat, (Chicken, Turkey, steak or Fish) served with potatoes and salad (dark leafy greens, cucumber, beetroot, tomatoes, onions, peppers, mushrooms, lettuce, fruits) and low cal & low fat salad dressing if needed.
- Any lean Meat, (Chicken, Turkey, steak or Fish) served with steamed vegetables; Broccoli, Cabbage, Spinach, Asparagus, Green Beans and Peas are great vegetable options.
- Wholegrain Pasta is very popular amongst futsal players due to its high CHO content it is simple to make and you can easily add large amounts of vegetables including peppers, tomatoes and mushrooms and lean meats such as steak and chicken. Go for vegetable based sauces as white cream based sauces can contain large amounts of fat and can be very calorie dense.
- Stir fries with Rice or Noodles (Whole Grain) Add any vegetables, and any lean meat, for a sauce mix soy, honey, ginger, garlic, chilli and black pepper.
- Chili 300g 5% lean steak mince, use a low calorie chili sauce or make from scratch, add in kidney beans, chopped tomatoes and mushrooms.



SNACKS

It is important that inbetween main meals players are fueling their body with healthy snacks and providing protein to their working muscles, try to avoid snacking on 'junk foods' as they are ususally calorie dense and not very nutrient dense, here are some examples of healthy snack options:

- Fruit/Dried Fruit
- Nuts – Any (unsalted)
- Porridge with Honey
- Rice Cakes (spread on Philadelphia Cheese or Peanut Butter)
- Packets of Chicken, Turkey and Ham
- Yoghurts/Greek Yogurts
- Whey Protein Shake

After a game or hard training session a high protein, high CHO meal is required a easy solution for athletes is Chocolate Milk! Chocolate milk is convenient, widely available and highly palatable meaning it is generally easy and enjoyable for athletes to consume post exercises when maybe they aren't feeling hungry yet.

500ml of Chocolate Milk Post Match can quickly hydrate and replenish muscle glycogen and prevent muscle breakdown.



SPORTS NUTRITION RECOMMENDATIONS

Current Scientific recommendations for athletes nutritional intakes are as follows:

Protein intakes ranging from 1.2-2.0g/kg/day for athletes, sourced from poultry, meat, fish, milk.

Fat intake 1.g/kg/day for most Athletes., sourced from nuts, oily fish, whole eggs etc.

Carbohydrate dosage in relation to **activity** levels:

Low Activity: Short Workouts: CHO 1g Per lbs Bodyweight, recovery work and rest days.

Intermediate: CHO 2g per lbs Bodyweight, Plyometric work, technical work.

High Activity: matches, practices and S&C Work CHO up to 3g per lbs Bodyweight.

Hydration: Insure before exercise you are adequately hydrated, during exercise drink according to thirst and after for every 1kg lost 1-1.5 litres of fluid is needed to re-hydrate.



ERGOGENIC AIDS

Due to the high demand on both aerobic and anaerobic energy pathways due to the high intensity and repeated maximal sprint efforts required, the literature suggest some supplements that may have an ergogenic benefit for Futsal players include:

- **Creatine Monohydrate:** Daily Dosage 5g
- **Beta-Alanine:** Daily Dosage 4-6g

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MATCH DAY NUTRITION

Pre Game Nutrition: Within the first hour after waking, eat breakfast. High CHO, (low GI), low fat and moderate protein, for example porridge and milk.

3-4 hours before match have a high-CHO (low GI), moderate-protein and low-fat and fibre meal such as Grainy bread, meat and salad.

1 hour before K.O have a CHO (High GI), snack such as a baked potato, dried fruit, cereal bars.

Half time/intra-workout Nutrition: have a CHO (High GI) intra-workout Supplement or snack (30-60g CHO), such as Isotonic energy gels, fig rolls and jaffa cakes are commonly used by athletes however a better option is a banana which provides high levels of potassium in addition to glucose and fructose (fruit sugar) which is quickly used by the body. Studies in Sports Nutrition research have suggested that this combination of sugars help with better fluid delivery meaning better absorption of carbohydrates.

Post Game Nutrition: Aim to quickly hydrate and replenish muscle glycogen and prevent muscle breakdown, therefore a high protein and high CHO meal is required. A Practical solution is 500ml Chocolate Milk Post Match.

The next few pages will give an example of a Futsal Players nutritional protocol.



DAY BEFORE GAME

The day before a game is when you begin to fuel your body, to ensure your muscle glycogen stores are full you should eat slow releasing carbohydrates. Make sure you are well hydrated they day before the game.

Breakfast 7.00am - 8.00am: 2 slices of wholegrain toast with baked beans/scrambled egg and grilled tomato or mushroom OR Porridge made with semi skimmed milk with honey/walnuts/dried apricots OR Smoked salmon on granary bread with avocado or low fat cream cheese.

Morning Snack 10.30am - 11.30am: Low fat yoghurt OR Handful of brazil nuts and berries OR 2 kiwis/an orange/an apple.

Lunch 1.00pm - 2.00pm: Large lentil/vegetable/tomato soup with a slice of whole wheat bread OR Wholegrain rolls/sandwich with chicken/turkey/ham/tuna and salad OR Large baked sweet potato with lean chilli/tuna/baked beans.

Afternoon Snack 3.30pm - 4.30pm: Handful of hazelnuts and berries with low fat yoghurt OR 1 slice of whole wheat pitta topped with tuna/chicken/ham and salad OR 1 slice of wholegrain toast topped with peanut butter/banana.

Dinner 5.30pm - 6.30pm: Turkey burger, oven baked sweet potato with a side salad/steamed vegetables OR Whole wheat spaghetti bolognaise OR Chilli con carne with brown basmati rice.

Evening Snack 8.30pm - 9.30pm: 3 whole wheat oatcakes spread with cottage cheese and cucumber/tomato OR Banana with natural yoghurt and almonds OR Ryvita with hummus.



EARLY KICK OFF

Before an early kick off slow releasing carbohydrates should be consumed, however beware of over eating, quality will vary depending on player preference. Work out a strategy to replenish your body after early kick offs as soon as possible after full time do this particularly when travelling long distances for away matches.

Breakfast 7.00 am - 8.00am: Scrambled/poached/soft boiled eggs with whole wheat toast OR Porridge made with semi skimmed milk and honey OR Power pancakes with fruit smoothie.

Pre Match Snack 1.5 hours before kick off: Low fat yoghurt with dried fruit OR Rice cake with peanut butter OR Cereal bar.

Half Time Snack: Banana/Orange OR Jaffa cakes OR Fig roll.

After Match within 20 minutes of full time: Couple of handfuls of hazelnuts and berries OR Milkshake e.g. Yazoo OR Cereal/breakfast bar high in protein.

After Match Meal within 1 hour of full time: White pasta with chicken and pesto OR Baguette/baked potato filled with chicken/tuna/prawns/baked beans and salad OR Turkey steak and cous cous with salad

Dinner 6.30 pm - 7.30 pm: Baked potato with baked beans/tuna/extra lean chilli OR Spicy cajun chicken quinoa OR Italian minced beef with rice



MID DAY KICK OFF

As kick off time varies so should your eating strategy on the day of a match. As soon as you wake up you should have a light breakfast, before eating a larger pre match meal no later than 3 hours before kick off. The pre match meal should aim to provide you with enough energy to fuel your performance that afternoon without eating too much! Doing this will mean blood has to flow to the stomach during the match instead of the muscles which are working.

Breakfast 8.00 am – 9.00am: (light options) All Bran Fruit and Fibre with milk OR Porridge made with semi skimmed milk and mixed berries OR Wholegrain toast with peanut butter/honey

Pre Match Meal 3 hours before kick off: Large baked sweet potato with baked beans/tuna OR Wholegrain pasta with chicken, peppers and mushrooms OR Quinoa Salad with turkey/salmon/tuna

Half Time Snack: Banana/Orange OR Jaffa cakes

After Match within 20 minutes of full time: Small bagel with peanut butter OR Milkshake e.g. Yazoo OR Cereal/breakfast bar high in protein

Dinner 5.30pm – 6.30pm Mexican fajitas with wholegrain wraps OR Prawn stir fry with wholegrain rice/noodles OR Whole wheat spaghetti bolognaise.

Evening Snack 8.30pm – 9.30pm: Whole grain bagel with peanut butter and banana OR Whole wheat oatcakes with cottage cheese/humous OR Natural yoghurt with granola



LATE KICK OFF

As kick off time varies so should your eating strategy on the day of a match. Eat a larger pre match meal no later than 3 hours before kick off. The pre match meal should aim to provide you with enough energy to fuel your performance that evening without eating too much! Doing this will mean blood has to flow to the stomach during the match instead of the muscles which are working.

Breakfast 8.00 am - 9.00am: Scrambled/poached/soft boiled eggs with whole wheat toast OR Porridge made with semi skimmed milk and honey OR Power pancakes with fruit smoothie.

Lunch 11am - 12: Soup and Wholegrain Bagel or Bread OR Porridge made with semi skimmed milk and mixed berries OR Wholegrain toast with peanut butter/honey

Pre Match Meal 3 hours before kick off: Large baked sweet potato with baked beans/tuna OR Wholegrain pasta with chicken, peppers and mushrooms OR Quinoa Salad with turkey/salmon/tuna

Half Time Snack: Banana/Orange OR Jaffa cakes

After Match within 20 minutes of full time: Small bagel with peanut butter OR Milkshake e.g. Yazoo OR Cereal/breakfast bar high in protein

Dinner 8:30-9:30pm Mexican fajitas with wholegrain wraps OR Prawn stir fry with wholegrain rice/noodles OR Whole wheat spaghetti bolognese.



DAY AFTER GAME

After a game it is important that you continue to recover and get your body back to full health and fitness. In order to do this you should aim to eat at least 5 portions of vegetables and 2 portions of fruit. Breakfast should contain a large amount of protein in order to help to kick start the day, you should also aim to eat a large number of anti-oxidants which you will get from your fruit and veg.

Breakfast 7.00 am - 8.00am: Ham, mushroom and spinach omelette with slice of wholegrain toast OR Porridge made with semi skimmed milk with honey/walnuts/berries OR Wholegrain/rye toast with avocado and venison sausages.

Morning Snack 10.30 am - 11.30am: Low fat yoghurt with large slice of mango/plum OR Handful of brazil nuts and berries OR Rice cake with peanut butter

Lunch 1.00pm - 2.00pm: Tuna whole wheat past bake with peppers and sweet corn OR Wholegrain rolls/sandwich with chicken/turkey/ham/tuna and salad OR Large baked sweet potato with lean chilli/tuna/baked beans.

Afternoon Snack 3.30pm - 4.30pm: Kiwis and berries with low fat yoghurt OR Oatcakes with cottage cheese OR Brazil nuts and pumpkin seeds mix.

Dinner 5.30pm - 6.30pm: Tuna nicoise salad OR Chicken and sweet potato curry with whole grain rice OR Salmon fish cakes.

Evening Snack 8.30 pm - 9.30 pm: Slice of whole wheat toast spread with cottage cheese OR Banana with natural yoghurt and almonds OR Ryvita with hummus

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