

## **NUTRITION ADVICE**

### **GPA**

There are 3 key time frames for sports nutrition. 1. Pre-Training/Game; 2. During Training/Game; 3. Post Training/Game. Read on for more information on all stages of nutrition

#### **Pre-Training/Game Nutrition**

Pre-training or game nutrition does not start in the hours before the game or session, but in the days and weeks before hand.

Adequate nutrition over a prolonged period of time will lead to an improved performance.

The major part of every meal consumed should consist of a source of carbohydrate ' such as pasta, rice or potatoes. Added to this is a good source of protein such as lean meat, chicken or fish.

Vitamins and minerals are important to ensure that the body can make the best use of the carbohydrate and proteins ingested, so a good range of fruits and vegetables should be consumed at meal times and throughout the day as snacks.

In the week leading up to an important match, there should be a gradual increase in the amount of carbohydrate consumed to ensure that stores are topped up. If the increase is sudden the benefits will be lost, and this, in fact, can prove detrimental.

#### **Match Day**

Any meal taken on match day should be taken 2-4 hours prior to throw in to allow for digestion. If you suffer from nerves or anxiousness before a game, it is possible to replace a meal with a liquid meal. The match day meal should again consist of a good source of carbohydrate, such as pasta, as well as a source of protein, such as lean meat or chicken.

You can also have some fruit available to maintain the carbohydrate intake. Fluid intake is important at this time, see Hydration Fact sheet for information on how to assess your hydration status and maintain your fluid intake.

#### **During Training/Game**

During training or a game, replacing fluids and fuel lost is the most important element of nutrition. You should have access to a sports drink and water during training and games. More information on sports drinks can be found in the next section.

Players and coaches should use every opportunity possible to get fluids into your system – injuries, substitutions, stoppages in play, half time.

### **Post Training/Games**

After training and games it is important to start refueling the body as soon as possible. Fluids lost through sweating must be replaced. Monitoring of hydration is important to refueling. For each kg of weight lost due to sweating, replace with 1.5 litres of fluids. Sports drinks containing 6 – 8% carbohydrate, some electrolytes and a source of protein are important in the initial stages of refueling, keep some fruit, such as a banana or some dried fruits along with water or a sports drink in your gear bag to ensure that you can begin refueling as soon as possible.

Your post training/game meal should mostly contain a source of carbohydrate, such as pasta or rice, to replace lost carbohydrate stores, and some protein such as chicken or lean meat as a source of protein. Maintain a high carbohydrate intake in the days after a high intensity training session or game to ensure that carbohydrate stores are maintained in preparation for the next session/game.