

‘Getting Our Food Right for Football’

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What we fuel our body with before, during and after our time on the football field can significantly impact our performance. *Good nutrition* is not only important for our general health and wellbeing, but can also help us perform at the best of our ability on the football field. We want to be eating foods that provide lots of **nutrients** and drinking plenty of **water**, rather than filling up on unhealthy foods and sugary drinks.

So, what is good ‘nutrition’ **before, during and after games/ training sessions?**

Before we take to the football field, we need to eat a meal that will give our bodies long lasting energy to perform. This meal should be eaten approximately 3 hours before game time to allow your body enough time to digest the nutrients of the meal before using them on the field.

Examples of good **pre-game/ training session meals** include:

1. Baked beans on toast
2. Eggs on toast
3. Wholegrain cereal (e.g. Special K or Cheerio’s) with low-fat milk
4. Banana smoothie made with low-fat yoghurt and milk

1-2 hours pre-game/ training sessions a **small, healthy snack** such as a banana, apple, or jam sandwich is recommended.

During games and training sessions, our muscles are put under a lot of stress and our bodies lose a lot of energy that we must replace. Therefore, soon after we step off the football field we must eat a meal that will help us recover. A protein-rich meal will help with muscle recovery and repair, these include eggs, lean meats, beans, legumes, fish, nuts, ham and low fat milk, yoghurt and cheese.

Examples of good **post-game and training session meals** include:

1. Pasta with mince and low-fat cheese
2. Chicken, ham or tuna salad wrap
3. Ham, low-fat cheese and tomato sandwich
4. Marinated chicken breast and lentil salad

Drinking plenty of water before, during and after games and training session is also a must to keep our bodies hydrated. If we allow our bodies to become dehydrated we are unable to perform to our full potential, and are more likely to make silly mistakes on the field. Keeping a water bottle handy to sip on leading up to, and after game time, will help minimise dehydration. It is important that water is consumed at any opportunity during game time, even when we don’t feel the need to.

There is going to be many healthy food options hitting our canteen this season to help the RWFC reach their peak this 2017 football season.