

Sports Nutrition

Sport's Nutrition principles are essential to provide the fuel and energy for maximum sports performance. Both senior and junior soccer players need to train and play regularly, which places increased physical demands on their bodies. A little more thought and planning, and a change in eating habits, may provide players with a competitive edge via a healthy balanced diet.

- **Variety** in your diet is important to ensure you get a broad balance of nutrients.
- Lots of **Carbohydrates** to provide the fuel for 90 minutes of continuous high intensity exercise and enable fast recovery (eg bread, pasta, cereals, potatoes, low fat dairy products).
- Adequate **Protein** is needed for many reasons, including growth and repair of muscle tissues (eg lean meats, skinless chicken, nuts, eggs, fish, rice, low fat dairy products).
- **Low Fat Diet** is desirable, as unlike carbohydrates, fat is not used effectively as an energy source and may contribute to weight gain.
- Replace your **Fluids** before, during and after exercise, to avoid dehydration which can cause early fatigue and muscle cramping. Even in cold winter conditions, we sweat. Don't rely on thirst, aim to drink approximately 1 litre per hour exercised. Take your own personal drink bottle wherever you go, filled with water. Occasionally a sports drink is useful, particularly during extended periods of vigorous activity, the extra taste has been shown to improve the amount of fluid children will drink.
- **Sports meals & snacks** – Avoid the Mars bar and can of Coke temptation, as all it provides is a huge amount of fat, some sugar and little else! Try and have a high carbohydrate/low fat snack 1-2 hours before training/playing to give your blood glucose a boost. Likewise, repeat this snack asap afterwards to enhance your recovery for the next session.
 - pancakes
 - low fat fruit cake or raisin toast
 - rice
 - custard
 - jacket potato
 - fruit bun with no butter
 - jelly beans
 - sustagen
 - fruit smoothies or milkshakes
 - crumpets with jam/honey
 - tinned spaghetti or baked beans
 - boiled egg with toast
 - baked potato with grated cheese & salad

Have a great season and kind regards,

Mark Johns
Physiotherapist & U9's TTG Coach

A special \$5 discount per physio consultation is available to all TTG City Soccer Club players and their families.



Enquiries/appointments:

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