



Glentoran Academy

Nutrition Philosophy



Why Is Nutrition Important to our Players?



To make it within the modern era of football requires commitment and sacrifice from an academy player in several areas of their life. They can not simply rely on their talent and to win to have a career in professional football.

A player must ensure they maximise every component that contributes to them as an athlete, as that will determine how they train, develop and ultimately affect how they perform.

The components that contribute to them as an athlete include:

- Being as fit as possible
- Having sufficient rest and sleep
- Consuming the right types of food & drink at the right times

These are the factors that they must think about maximising every day as they will play a large part in their growth and development as a footballer.

As an Academy it is our goal to provide the best environment for your child to develop and fulfil his footballing potential. This includes correct nutrition.

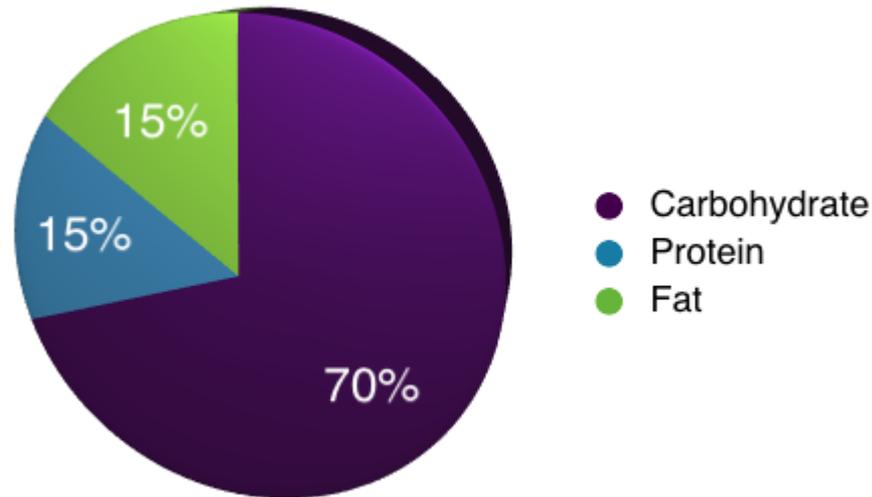
The correct nutrition is essential to provide the correct fuel to allow your child to cope with training several times a week as well as matches.





A Footballers Diet

Types of Food	Role	Important For
Carbohydrates Pasta, Rice ETC	To Provide Energy	Vital Pre Training / Games
Protein Chicken, Fish, Eggs	To Repair / Build Muscles	Post Training / Games
Fats Red Meats, Cheese ETC	To Produce Hormones Insulation	Low Fat Products





Fats: A Guide

As a guide you are recommended to look at food labels to see how much fat there is in a particular food.

We advise low fat products ensuring the amount is below 5g per 100g.

High fat foods (EG Pizza, Chips, Burgers) should not be a part of an athlete's diet.

Healthy eating means limiting the intake of processed foods and operating on an 80:20 rule.

That means you should spend 80% of your time eating foods found in their natural state and 20% allowing yourself the occasional treat.

However some athletes may feel they need to eat healthily even more than 80% of the time.



Before Training: What Sort Of Foods Should Your Child Eat?



Meal size and timing before training is important.

According to research the pre-exercise meal should be between 2-3 hours prior to exercise. However it is important to point out that everybody is different and therefore you should experiment to find out what foods help release enough fuel to train at optimum levels.

Enough food should be consumed so that the player is not feeling hungry or tired before or during the session, but not too much or too close to the session that causes illness or a 'stitch' due to undigested food in the stomach.

Here are some ideas that perhaps with a little pre planning may help prepare your child before his/her training session.

It may also be an idea to pack some small snacks that your child can eat if he/she feels hungry en route to training.



Pre Training Food Ideas



- 1) Low sugar cereal such as Weetabix, Whole Grain Shredded Wheat, All Bran and Fibr
- 2) Fruit & Fibre
- 3) Porridge
- 4) Poached egg on brown toast with a low fat butter (flora Active / Bertolli)
- 5) Beans on Toast
- 6) Crumpets with low fat butter & jam
- 7) Sandwich (brown bread) with ham and cheese (low fat), chicken, turkey, prawn (with a low fat mayo), jam
- 8) Toast – with butter and jam
- 9) Yoghurt (low fat such as Muller Light)
- 10) Fruit – such as apples, grapes, cherries, grapefruit, prunes, apricots (dried), peach (canned in juice / fresh), pears, plums, strawberries, orange, mango and bananas
- 11) Soup – such as tomato, chicken and leek, vegetable and minestrone
- 12) Fruit Juices – apple , orange, pomegranate etc
- 13) Snacks – crisps such as Walkers Sunbites, Walkers Baked, Cereal Bars such as Nutrigrain, fruit pots or fruit and nut mix, or dried fruit such as raisins.



Day Before A Game

What Should My Child Eat?



It is essential that your child has a meal high in Carbohydrate to ensure that his working muscles are fully loaded:

Here are some ideas:

- 1) Spaghetti Bolognese – Lean meat (less fat) mixed in with vegetables and tomato sauce with added vegetables such as peppers and mushrooms (low fat)
- 2) Jacket potato with tuna, beans, cheese, (low fat) salad or mince (lean – low fat)
- 3) Meatballs (low fat) with pasta, beans / spaghetti hoops
- 4) Pasta bake with tuna, sweet corn or prawn – ensure cheese is low fat
- 5) Lasagne with a side salad – lean mince – low fat
- 6) Chicken and rice with a low fat sauce with vegetables
- 7) Chicken and vegetable wraps using wholemeal wraps
- 8) Mushroom Risotto
- 9) Spaghetti Carbonara – low fat cream such as Elmlea





Morning Of The Game

What Is The Right Meal For My Son

In the hours approaching your child's match he/she should have a good sized breakfast 2-3 hours before kick off that is based around low glycaemic carbohydrates such as porridge, wholegrain cereals and wholegrain bread, avoiding foods that are processed and high in fat and sugar such as pastries, white bread, and Coco-pops. For food ideas refer to the pre training slide above.

Again, experiment with different foods and timings to find out what works best for your child as well as packing a small snack and drink in case he/she feels hungry en route.

Snacks and drinks that are high in sugar, such as jaffa cakes, lucozade and energy gels should be kept to a minimum until immediately before the warm-up begins.

Reasons for avoiding these until just before or during the match are:

- 1) It can cause low blood sugar levels and make the child feel weak
- 2) Prevents your child from over eating – better to feel fuller for longer
- 3) Helps boost concentration levels and decision making – helps him/her make the right decisions
- 4) Prevent stitches occurring



What And When Should My Child Eat And Drink After Training & Games?



The sooner you can get your child to eat the better they will recover the lost stores used to help them provide energy for the game / session.

Muscles can recover at a better rate as soon as your child finishes playing. Some may feel that they cannot eat straight afterwards, but the window of opportunity to replace carbohydrate back into the working muscles is up to 2 hours after your child has finished. If he/she feels that they cannot eat then a liquid form may be better.

A mixture of carbohydrate plus protein helps replace the lost stores quicker since they work together to promote this.

Refer to the slide on foods for the day before a game for ideas, as well as the following list:

- 1) A sports drink – such as Lucozade Sport (Body Fuel)
- 2) A Fruit Smoothie
- 3) Protein milkshake – such as Yazoo
- 4) Milk
- 5) Fruit



What about Hydration

What should My Child Be Drinking & How Much?

Drinking little water but often is the key.

Dehydration can impair your child's performance (EG Fatigue, Headaches, Impaired decision making).

Your child can easily check hydration levels when they wake up in the morning. The simplest way is via a urine chart. A lighter colour indicates that they are hydrated, whilst a darker colour indicates they are dehydrated.

Everyone has different hydration levels. Some children will be able to tolerate drinking a lot whilst some may struggle.

Be careful not to drink too much as it places high strains on the stomach and can make you feel bloated.

The advice is to drink comfortable amounts of fluid often.





What Should My Child Be Drinking at Training & Games?

It is essential your child brings a water bottle to training & games and gets into a good habit of taking responsibility for themselves. They should view a water bottle as being as important as their boots & shin pads.

Ideally they should bring at least a litre of fluid with them for training and games as players can lose up to as much as 2 litres during intense training and games particularly when doing so in the heat.

Fluid intake can be a combination of water and sports drinks, but fizzy drinks such as Lucozade Original should be avoided at training, games and during their day to day lives.

It is important to ensure your child understands that they must start training and matches well hydrated and this can be done by drinking plenty in the hours before training and a game and by using the urine colour chart (shown on the next slide).

Introducing good eating and hydration habits at early age should benefit the child's health into adulthood.

