

Hills Football Incorporated

Game Day Nutrition Guide



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Game Day Nutrition Guide – Provided by Lexington Health

Having the right amount of fuel in the tank is crucial for game day to ensure you've set yourself up for optimal energy levels before and during a game, and you're recovering quickly and effectively afterwards. Lets break this down into GD-1, GD and GD+1.

GD = Game Day

GAME DAY - 1

The day before a game is where your 'game day fuelling' really starts. Aim to limit intense training on this day and make sure most of your meals contain an extra portion of carbohydrates e.g. rice, pasta, potatoes, fruit and bread. By limiting activity and increasing carbohydrate intake you are increasing your muscle glycogen stores (e.g. stored energy) so that you can run for longer on game day.

It's also important to use this day to get well hydrated to avoid showing up to your game dehydrated, and so you don't have to drink too much water before your game the next day.

GAME DAY

Timing becomes a bit more important here.

Aim to eat a pre-game meal around 3 to 4 hours before the start of the match. This meal should contain some carbohydrate for fuel as well as some fluids for hydration. A small amount of protein in the pre-game meal is also useful, as it can help to prevent hunger during the game.

Some pre-game meal ideas can include:

- Wrap or sandwich with chicken and salad
- Bowl of muesli with yoghurt and berries
- Pasta with beef mince in tomato-based sauce
- Pumpkin soup served with bread rolls
- Chicken stir-fry with rice or noodles

I'd also aim to have an additional small snack 1-2 hours before kick-off. Something light that's high in carbohydrates but relatively low in fat and fibre so it is easy to digest.

Some pre-kick-off snack ideas include:

- Yoghurt with fruit salad
- Banana and a handful of almonds
- Peanut butter on rice cakes
- Toast with vegemite and cheese



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If solids don't sit well before a game, or if you get nervous, a liquid source of protein and carbohydrate such as a fruit smoothie can be a good option.

Post game recovery meals and snacks should contain carbohydrate (fuel), some protein (for muscle repair and development) and plenty of fluids and electrolytes to replace sweat losses.

A recovery meal or snack should be eaten as soon as possible after the game, remembering that recovery nutrition extends well beyond the initial hours post-game, particularly when the next training session or game is the next day.

Some recovery food suggestions include:

- Chicken, avocado and salad sandwich
- Dairy-based fruit smoothie
- Yoghurt + muesli with nuts and seeds
- Burritos with beef, cheese, avocado and salad

GAME DAY +1

Assuming you're using this day to relax and get ready for training on Monday, it's important to fill up on lots of nutrient-dense foods to help reduce inflammation and recover quickly.

Depending on how much fuel you managed to get in after your game, you can use today to replenish all the stored energy you used up to get you ready for another big week of training and avoid showing up to training sore and fatigued.

Aim to ensure all your meals contain carbohydrate (refuel), some protein (muscle repair and development) and vegetables (vitamins, minerals and fibre) to promote good health and recovery!

If you're looking for more individualised support on your current fuelling strategy and want to take your performance up a notch – I'd love to support you! As an Accredited Sports Dietitian who works with developing athletes every day, I've seen the negative effects of poor fuelling (fatigue, injuries, sickness, soreness..). If you're interested in having a chat to get your nutrition on point, reach out to me at hello@360dietetics.com.au to see how/if I can support you.

Happy fuelling 😊

Neda Sabeti, Accredited Sports Dietitian