

A group of people are playing soccer on a grassy field. In the foreground, a player in a white jersey is kicking the ball. Other players in white and dark jerseys are visible in the background. The scene is outdoors with trees and a clear sky in the distance.

Healthy Nutrition for Sports

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A Healthy Diet

New Food Pyramid



A Healthy Diet

- At least 5 portions of fruit and vegetables daily.
- Plenty of starchy carbohydrate foods, particularly high fibre varieties.
- Small amounts of protein.
- Small amounts of low fat dairy products.
- A reduction in the amount of fat, fatty foods and sugary foods.
- Plenty of fluids throughout the day.

Optimal Weight & Composition

- This is individual to the person.
- Body Mass Index
 - $\text{Weight (kg)} / (\text{height (m)} \times \text{height (m)})$
 - Underweight: <20
 - Normal: 20-25
 - Overweight: 25-30
 - Obese: 30-35
 - Very obese: 35+

Important Function of Nutrition

- Carbohydrates (60%)
 - Rice, bread, potatoes
 - To carry energy for body movement.
- Fat (20%)
 - Butter, cheese, chocolate, nuts
 - Energy store, to build proteins and cells.
- Protein (20%)
 - Milk, milk products
 - Muscle building, cell growth & repair

Hyperhydration

- Means: Loading more water into body to prevent dehydration during games.
- To be practiced during training.
- Approx. 35-45mls per kg body weight.
- For a 70kg player => 2.5-3.2litres daily.
- Preferably drink water
- Sports drinks best during & immediately after training/games.

Weight Gain Strategy

- Weight gain might increase ability to play the game.
- Build muscle not fat!
- Seek appropriate guidance to gain weight healthily.

Pre-Training Snack

- Normal diet on training day.
- Carbohydrate based snack/meal 2-3 hours before training, e.g.
 - Vegetable soup with bread roll
 - Cereals with fruit
 - Jacket potato with tuna, beans
 - Sandwich with low fat cheese, chicken, salad
 - Fruit yoghurt
- 200mls water every 15-20 minutes.

Pre-Game Snack

- Breakfast
- 2-3 hours before game: light carbohydrate snack (like pre-training)
- Sips of water during hours before game
- Weigh players before game

Training Diet

- High in energy
 - 3 meals + regular snacks
 - Muscle gain
- High in carbohydrates
 - Exercise performance, recovery from training, muscle gain.
 - 5 servings of fruit & vegetables daily.
- Moderate in protein
- Low in fat

Fluid Replacements

- Normal people: 1.2-2.0litres a day
- 1 glass of water with meals/snacks
- 150-200mls exercise drink every 15-20 minutes during exercise
- Replace losses within first 2 hours after exercise

Injury & Rehabilitation

- To reduce risk of injury when training / playing a match
 - Carbohydrates with adequate fluid (e.g. sports drink)

Injury & Rehabilitation

- To reduce unwanted fat mass gain & prevent loss of muscle mass when injured
 - ✿ Energy in should not exceed energy out, i.e. calculate calories
 - ✿ Focus on low-fat foods, e.g. low fat dairy, lean meat, vegetables, fresh fruits (contain Calcium, Iron, Vitamin C)

Injury & Rehabilitation

- Keep to your nutrition plan if mobility is limited
 - If in plaster or crutches stick to nutrition plan
- Head, jaw and neck injuries
 - If chewing/swallowing is difficult take special meal replacements
 - Seek professional help

Fatigue

- Dietary causes include low intakes of:
 - Energy
 - Carbohydrate
 - Fluid
 - Vitamin
 - Mineral

Fatigue

- Tips to prevent/treat fatigue:
 - Boost carbohydrate and energy intake
 - Ensure adequate fluid intake
 - Improve iron intake
 - Natural sources – meat, dark green leafy vegetables, tomatoes
 - Take Vitamin C (helps Iron absorption)
 - oranges, citrus, strawberries, broccoli, green peppers
 - Avoid tea & coffee with meals
 - Improve vitamin intake

Cramps

- A cramp is a sudden light intense pain most common in the leg muscles, when a muscle contracts & does not relax.
- Causes could be:
 - Poor fitness
 - Too little stretching
 - High workloads
 - dehydration

Stitches

- A stitch is a localised pain usually on the side just below the ribs that usually eases a few minutes after stopping exercise.
- Possible causes are:
 - a full stomach
 - inappropriate eating & drinking
 - eating too close to exercise
 - eating fatty foods
 - drinking fluids with too high sugar content
 - dehydration.

Cramps & Stitches

- Tips to prevent / treat them:
 - Allow for adequate recovery & rest for muscles after training
 - Stay well hydrated during exercise
 - Sports drinks (5-7% concentrations)
 - Decrease Sodium losses, empty stomach quickly
 - Drink regular small amounts of fluid
 - Eat salty foods
 - Crackers, Marmite

Cramps & Stitches

- Tips to prevent / treat them:
 - Breathe with diaphragm, strengthen abdominals and stretch progressively increasing intensity and duration
 - Follow pre-match eating guidelines
 - Should a stitch occur:
 - Slow down or drop your intensity
 - Bend forward while pushing the affected area
 - Breathe deeply
 - Lie down while you elevate your hips.

Summary

1. Eat a balanced diet.
2. Hydrate yourself well.
3. Prepare yourself for training/games.
4. Calculate your calorie intake.
5. Monitor weight regularly.
6. Try to prevent injury, cramps and stitches.
7. Try to prevent fatigue.

Thank you