

## Dietary Information Pack

*"Diet significantly influences athletic performance. An adequate diet, in terms of quantity and quality, before, during and after training and competition will maximise performance."* (Lausanne Consensus Statement, 1991)

The following information pack is a guide to help educate & advise you on your diet to help maximise your training and competing performance. It must be noted that **no** nutritional interventions are able to influence performance without a sound dietary base which comes from a balanced diet.

NRG is measured in kilocalories and is provided by the break down (metabolism) of carbohydrates, protein, fat and alcohol.

**Q.** Which of these is the most important? (Yes some of you will say alcohol!)  
**A.** Carbohydrates

**Your** NRG requirements can be calculated by applying your personal details, including your training, to standard equations for calculating metabolic rate.

CARBOHYDRATES = 60-70%

FAT = 15-20%

PROTEIN = 10-20%

A balanced diet will provide the body with all the essential vitamins and minerals as well as adequate NRG for the activity levels undertaken by the individual.



Positi	Match total	Distance covered (km)	Km/H	sprints
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**Demands**

Below is a table that relates to information accessed through Prozone which shows the demands of a football match. From looking at the table you can see how important it is to fuel the body

Match analysis stats over 14 games. Figures show the different physical demands of each individual position. (all stats from Prozone 2000)

<b>Full back</b>										
<b>Centre back</b>	95	11.5	8.2	2.4	0.9	7.3	51	117	0.54	
<b>Centre midfield</b>	94	12.4	8	3.1	1.3	7.9	76	77	0.8	
<b>Right midfield</b>	95	12.4	7.8	3.1	1.4	7.8	87	68	0.92	
<b>Striker</b>	95	11.3	7.7	2.5	1.1	7.2	70	85	0.74	

## CarbohydrateS

Carbohydrate consumed before, during and after many kinds of strenuous exercise, brief or prolonged, continuous or intermittent, can enhance performance.

Carbs are the most important nutrient for working muscles and should make up 60-70% of NRG in your diet. There are 2 main types of carbs:

Complex carbs - provide steady release of NRG + nutrients

Rice, pasta, bread, potatoes, breakfast cereals.

Simple carbs - provide immediate NRG.

Sugar, jam, honey, sweets, soft drinks.

Carbs are broken down to glucose and are then absorbed into the blood. The glucose is either used as fuel immediately or stored in the Liver and muscles as Glycogen. Storage is limited, so it is essential that levels are topped up. Low stores will result in poor performance and an increased risk of injury.

Carb requirement per day = Weight(Kg) x level of training.

Level of training is classified as follows:

Less than 1 hour per day	=	light	4-5
1-2 hours per day	=	moderate	6-7
3hours+ per day	=	heavy	8-10

Eg a 75Kg person undergoing moderate training would consume 450-525g of carbs per day.

Little pointers to increase carb intake

- ✳ **Consume carb drinks during training and competition.**
- ✳ Bread - plenty of wholewheat
- ✳ **Fruit - eaten as part of a meal/snack or added to dishes to increase content**
- ✳ Pasta - try different types and noodles
- ✳ **Cereals - great source of carbs and can be eaten anytime of day.**
- ✳ Vegetables - canned beans, chick peas, red kidney beans, sweetcorn.
- ✳ **Snack on high carb foods**
- ✳ Sugar and sugary foods are NRG dense and maybe useful when NRG demands are very high or when carb intake is needed before or after exercise
- ✳ **Carb drinks eg fruit juice, soft drinks, low fat milk shakes**
- ✳ Carb food should take up at least half of the room on your plate!

Below is a table showing the amount of food required to get 50g of carbohydrates.

Food	Serving for 50g	Food	Serving for 50g
Fruit juice	1 pint	Pitta bread	2
Full sugar/squash	3 glasses	Ryvita	9
Milk	2 pints	Crispbreads	15 small/6 large
Flavoured milk	1 pint	Rice cakes	6 thick/10 thin
Soft drinks	1 pint	Cereal bars	3
3% carb drink	1670ml	Muesli bars	2 $\frac{1}{2}$
6% carb drink	833ml	Malt loaf	3 slices
7.5% carb drink	666ml	Sweetcorn	10 tbsp/2 cobs
Fruit in heavy syrup	1 small tin	Baked potatos	1 large
Fruit in juices	1 large tin	Ravioli	8 tbsp
Apples	4	Rice (boiled)	4 tbsp
Oranges	4	Pasta	8 tbsp
Bananas	2	Noodles	8 tbsp
Pears	3	Tinned spag in tom	8 tbsp/1 large tin
Dried apricots	20	Baked beans	7 tbsp/1 large tin
Raisins	4 tbsp	Rice (fried)	6 tbsp
Branflakes	1 large bowl	Pizza	$\frac{1}{4}$ deep pan
Weetabix	5 biscuits	Fromage frais	2 tubs
Cornflakes	1 medium bowl	Low fat yoghurt	2 pots
Muesli	1 medium bowl	Plain sweet biscuits	9
Bagels	1	Jaffa cakes	6
Bread	4 slices	Jam/marmalade	9 tbsp
Crumpets	3	Honey/syrup	9 tbsp
English muffins	2	Fruit pastilles	2 tubes
Croissants	2	Jelly babies	1 medium pkt (60g)
Rolls	2	Iced buns	1 $\frac{1}{2}$

An easy analogy for the importance of Carbs in your diet is as follows:

*You put petrol in a car to make it go from A to B via different roads and at different speeds when it runs low on petrol you re-fill so that you can get back to A from B .*

*You need carbs in your diet in order for you to get around a pitch tackling, running, scoring! After games and training you must re-fill so that you can go again.*

## Protein

Protein is needed to replace cells and build new muscle tissues. Any protein consumed in excess of requirements is converted by the body into NRG or stored by the body as fat. Evidence suggests that protein requirements are increased as a strength, speed and endurance training.

The amount of protein in an adults diet should be in the range of 1.2-1.7g per Kg per day. *Eg* a typical 75Kg person requires between 90-128g per day.

Choose wisely because most protein rich foods contain a high fat content. Carb foods also contain a small amount of protein, therefore if you increase carb intake you will naturally eat more protein.

Below is a table showing the amount of food required to get 10g of protein.

Food	Serving for 10g	Food	Serving for 10g
Grilled fish	50g (cooked weight)	Cottage cheese	70g
Tuna/salmon	50g	Semi-skimmed milk	300ml
Lean beef/lamb	35g (cooked weight)	Muesli	1 cup (100g)
Veal	35g (cooked weight)	Wholemeal bread	4 slices (120g)
Turkey/chicken	40g (cooked weight)	Cooked brown rice	3 cups (400g)
Eggs	2 small	Cooked lentils	$\frac{3}{4}$ cup (150g)
Low fat from frais	150g	Kidney beans	$\frac{3}{4}$ cup (150g)
Red fat cheese	30g	Baked beans	1 small can (200g)
Low fat yoghurt	200g	Tofu	120g
Seed (sesame)	60g	Nuts	60g
Wheatbran flake	3 cups (90g)	Pasta/noodles	2 cups (300g)

An easy analogy for the importance of Protein in your diet is as follows:

*When your car has completed a certain distance, it requires a service and repairs.*

*Protein is needed to repair damaged muscle tissue after prolonged training or exercise.*

## FaT

Fat acts as carriers for fat soluble vitamins (A,D,E&F) and are concentrated form of NRG providing twice the number of calories as the same weight of protein or carbs. Fat is an essential part of the diet but should only make up any more than 20% of your NRG intake.

Too much fat in your diet especially saturated fat can lead to health problems such as heart disease. Increasing the amount of carbs and protein in your diet will help you to reduce your fat intake.

Here are a few tips to help decrease fat intake.

- ✳ **Try to cut out food substances like margarine and butter spreads which are virtually all fat and replace them with jam or honey.**
- ✳ When eating dairy products such as cheese and yoghurt try low-fat products instead of full-fat.
- ✳ **When having cheese, make sure that you grate it rather than slicing it.**
- ✳ Grill, poach, bake, steam, microwave or casserole food instead of frying it and avoid adding fat when cooking.
- ✳ **Try and use an oil spray rather than pouring, you will use less.**
- ✳ Choose lean cuts of meat and cut off any visible signs of fat when cooking.
- ✳ **REDUCE INTAKE OF BURGERS AND PRE-PREPARED PRODUCTS SUCH AS WAFFLES, INSTEAD EAT FRESH PRODUCTS WHICH CONTAINS LESS FAT.**
- ✳ **REDUCE INTAKE OF CHIPS TO A MINIMUM, EAT JACKET OR BOILED POTATOES INSTEAD.**
- ✳ **Fill jacket potatoes with moist fillings *eg beans, low calorie coleslaw, cottage cheese or vegetable chilli* instead of butter or margarine.**
- ✳ Keep pastry products to a minimum.
- ✳ **Be careful when eating biscuits, cakes, and chocolate as they are often high in fat.**

Learn to read the labels to estimate the fat content of packaged foods and then try to stick to foods from which less than 20% of calories come from fat. When you read a food label, look at the fat content, normally it will be shown as *per 100g*.

Don't say to yourself, "because I've been good all day I can have a biscuit or a packet of crisps." If you have eaten correctly you will have taken in as much fat as you will require so if you are going to have a biscuit or a packet of crisps make sure they are a low fat variety!

## Vitamins and Minerals

There are many vitamins and minerals that are involved in the production of NRG and for vital bodily functions. Others have a more structural role in the body. If a balanced diet is followed sufficient vitamins and minerals will be taken on board.

There should be no need to take vitamin or mineral supplements unless you have a proven deficiency. But if you decide to take them, here are a few pointers:

- ✱ **Never double up on tablets take the tablets as recommended by the manufacturer.**
- ✱ **Excessive intake of vitamins and minerals can be harmful to your health and will not improve performance.**
- ✱ **If you are already on a medication check with a pharmacist that the supplement you are going to take does not interfere with your current medication.**

## Fluids

An area that is highly underestimated by sports people. However it is probably one of the most important parts to play during training and competition but also at rest!! Dehydration can cause fatigue long before carb stores are depleted, especially in hot conditions.

During all types of physical exercise, heat is produced and lost from the body by the evaporation of sweat. Increased fluid intake is necessary to avoid dehydration and may improve performance during prolonged activity.

Dehydration can be prevented by consuming fluids before, during and after training and competition.

**NB** exercise can be damaged by as little as **2%** dehydration. The total body water of a 70Kg man is approx 42 litres, however a loss of just 3% of body water = 1.4 litres, will effect mental concentration and performance.

Athletes should consume fluids during exercise to maintain concentration and counteract the symptoms of dehydration.

You should not just drink when you are thirsty, you should maintain a steady intake of water or fluid during the day.

<i>Body weight loss %</i>	<i>Symptoms</i>
0.5	Thirst
2	Strong thirst, discomfort, appetite loss
3	Dry mouth, reduced urine
4	Increased effort, flushed skin, impatience
5	Difficulty concentrating
6	Impaired temp regulation
8	Dizziness, laboured breathing, confusion
10	Spasticity, imbalance, swollen tongue
11	Kidney failure, circulatory insufficiency

A sedentary person in the UK consumes about 2000-3000ml per day but prolonged exercise needs about 1000-2000ml per hour. This can mean a daily requirement of approx 4-8 litres dependant on amount of exercise taken. A guide to fluid loss can be determined by weighing yourself before and after exercise and the weight difference calculated. A 1kg loss is the equivalent to 1000ml water loss which needs to be replaced as soon after exercise as possible.

Isotonic Drinks can be expensive but it is possible to make your own at home. These contain 6-7% of carbs which are used generally during exercise. Try them in training never during competition or games.

### Isotonic Drink homemade mix. = 6-7% carbs

- |  |   |
|--|---|
| <p>1) 50-60g sugar / Glucose<br/>1 litre warm water<br/>1-1.5g salt<br/>Sugar free squash for flavouring</p> | <p>2) 200ml ordinary fruit squash<br/>800ml water<br/>1-1.5g salt</p> |
| <p>3) 500ml unsweetened fruit juice (orange, pineapple or apple)<br/>500ml water<br/>1-1.5g salt</p>         |   |

### Pointers for fluid consumption

- ✳ **Fluid consumption is vital before during and after training and games.**
- ✳ Thirst is a poor indicator of the need for fluid, therefore, drink before you are thirsty to ensure adequate fluid intake.
- ✳ **Drink little and often**
- ✳ Continue drinking up to 30mins prior to performance
- ✳ **Always drink at breaks during training and games ie half time or when injury.**
- ✳ Choose a drink you like the taste of and affordable
- ✳ **Practice drinking during training, never try new ideas at a game**
- ✳ Sports drinks contain sugar/glucose and can contribute to tooth decay.

## Before Training or Matches

### Food

When you are sleeping your carb stores are depleted therefore it is vital that you eat a healthy carb breakfast. A high carb meal is recommended 3-4 hours before competition and or training. This will replenish carb stores that have been slightly depleted but will also act as a reservoir to tap into from the stomach during training or game.

The content of this meal should be at least 200g of carb, low in fat, protein and fibre. Below are a few examples:

- ☀ 1 large bowl of cereal, 4 slices of toast, 4 pieces of fruit and 600ml of isotonic sports drink.
- ☀ **2 medium size jacket potatoes, a tin of baked beans and 600ml of isotonic sports drink.**
- ☀ 12 tablespoons of pasta with tomato and vegetable sauce, 1 can of low fat rice pudding and 600ml of isotonic sports drink.

The above examples eaten 3-4 hours before exercise will enhance performance by maintaining the ability to use carbs as an NRG source late in exercise. If you can not eat 4 hours before exercise it is better that you have something rather than nothing. *An example would be a small bowl of cereals and a cereal bar and isotonic sports drink.*

### Fluids

You must ensure that you are fully hydrated before training or games. Before you go to bed you should consume 600ml of water then as soon as you wake up 600ml to keep your body in a balanced state. You should continue fluid intake at the rate of 600ml per hour until 1 hour before training or playing. Finally 20mins before you start you should consume 250-500ml of isotonic sports drink.

## During Training or Matches

Ingesting carbs during exercise increases blood glucose availability and thus increase glucose uptake by the muscles helping to keep NRG levels readily available throughout the period of exercise taken.

Sports persons should aim to consume 30-60g of carbs per hour of activity. An efficient and easy way to do this is by consuming 600-1200ml of a 6% isotonic sports drink per hour. This is a large quantity so it is important that it is taken on board in small regular quantities *eg 150-300ml every 15-20mins.*

## Recovery from Exercise

After a prolonged training session or a game, carb stores are depleted and muscle fibres slightly damaged. The following points should be noted and followed to aid fast recovery from training and games.

It is vital that you replenish your carb stores as soon as possible after training or playing as this is when the body replenishes it at its optimum. If you do not then you stand to inhibit your next training session or game as your stores will not be replenished.

- ✱ **As soon as possible after exercise consume approx 1 litre of Isotonic sports drink.**
- ✱ **Replenish carb stores by ingesting fruit and some simple carbs within the first 30 mins after training or playing.**
- ✱ **Your first meal should consist of a carb meal containing 1.5g per Kg body weight as well as protein 0.5-1g per Kg body weight to ensure repair of damage muscle tissue.**
- ✱ **Following this your aim should be to consume 10g per Kg body weight in the first 24 hours following games.**

Rehydration is very important. You should not only replace what has been lost during the game or training but you should be keeping your levels topped up all the time. To achieve full rehydration a player should look at consuming 150-200% of the fluid lost. *Eg a player losing 2Kg during a game will need to consume 3-4 litres of fluid to completely replenish stores.*

Do not drink coke as it contains caffeine which is a diuretic and will cause further fluid loss through urine and may contribute to further dehydration.

## Summary

### Pre Training or Match

Consume 600ml fluid before you go to bed and when you get up in the morning.

Consume a high carb (200g) meal 3-4 hours before training or game.

Consume 600ml of 2-3% carb drink mix per hour before game or training.

Consume up to 250-500ml of 2-3% carb drink mix 20 pre-exercise.

### During training or games

Consume 30-60g of carb per hour of exercise as 1200-2400ml of 3% carb drink in approx 300ml doses every 15-20 mins.

### Recovery from training or game

Consume 50g carb in liquid form asap post exercise continue intake hourly until first meal.

First meal should contain 1.5g/Kg of carbs

Consume 10g/Kg carbs in the first 24 hours recovery

Consume 150-200% of fluid lost to fully rehydrate.

## TipS AnD RecommendationS

Ideas for snacks:

**Crackers/oatcakes/rice cakes with jam/syrup/honey**

Dried fruit eg raisins/currants/figs/apricots

**English muffins/current buns/teacakes/jaffa cakes**

Sandwiches/rolls/pitta bread (with low fat fillings)

**Fruit / Cereal bars / Sweets eg jelly babies/wine gums**

Low fat yoghurts/fromage frais / Popcorn

**Fruit juices / Sports drinks - isotonic / Low fat milk shakes**

## Eating Out

- ✳ **Choose meals that are not fried**
- ✳ Grilled meat and fish
- ✳ **Tomato based sauces not cream based.**
- ✳ Jacket or boiled potatoes as an alternative to chips or sauté potatoes
- ✳ **Plenty of salad, vegetables and fruit**
- ✳ Try high carb meals eg pasta/pizzas(with little cheese on)/rice instead of high fat foods. Try bread not garlic bread.
- ✳ **Desserts eg fruit/low fat ice cream/sorbets/teacakes/yoghurt/fromage frais**

Below is a table showing the "YES!" you can eat it, its not too bad for you, and "NO!" avoid it!!

Yes		No
<p><i>Tikka/tandoori, Sheek kebab, Tandoori grill Dokhala (dhal), Bombay mix, Poppadoms &amp; chutney. Dupiaza, bhoona, jalfrezi, rogan josh, dhansak, original balti or tandoori kebabs, biryani. Aloo gobi, Bombay potatoes, Pnar &amp; spinach, Daal, Raitha, Tarka Daal, Bhindi, Channa, Sag, boiled basmati &amp; mushroom rice, original naan bread &amp; chapattis. fresh fruit, sorbet, ice cream, lassi and kulfi.</i></p>	<p><b>Indians</b> <u>Starters</u></p> <p><u>Main course</u></p> <p><u>Side dishes</u></p> <p><u>Desserts</u></p>	<p><i>Samosas, bhajias, aloo vandhal, crispy rolls, pakora, curry patties, wada, prawn puri. Massalla, korma, pasanda.</i></p> <p><i>Daal massalla, pakoras, bhajias, special fried rice, egg fried rice, keema rice, keema peshmari garlic naans, paratha and puri breads.</i></p> <p>Apple banana fritters, kheer and jallebi</p>
<p><i>bean soup, buffalo wings, guacamole dip tacho salad. enchiladas, fajitas, tachos, chilli con carne, kebabs or paella. jacket potatoes, corn tortillas, rice, guacamole, salad. fresh fruit, ice cream, sorbets.</i></p>	<p><b>Mexican</b> <u>Starters</u></p> <p><u>Main course</u></p> <p><u>Side dishes</u></p> <p><u>Desserts</u></p>	<p><i>Nachos with cheese, stuffed mushrooms, deep fried potatoe skins</i></p> <p>Chimichangas, hamburgers, fries</p> <p><i>French fries, fried onions, fried mushrooms, garlic bread with cheese, refried beans, salad dressings, sour cream.</i></p> <p>Cheesecake, pecan pie, cream</p>
<p><i>bread stick, ciabatta, focaccia, corn on the cob, vege or minestrone soup, pate with toast, parma ham with melon, meatballs. napolitana, Bolognese, pizzaiola, puttanesca, primavera, vongole, funghi, prosciutto, all'arrabbiata, provencale sauces and pizza. fresh fruit salad, ice cream, sorbet, pancakes with fruit, cheese and biscuits.</i></p>	<p><b>Italian</b> <u>Starters</u></p> <p><u>Main course</u></p> <p><u>Desserts</u></p>	<p><i>Deep fried anything, garlic mushrooms, garlic bread.</i></p> <p>Carbonara, gamberetti, and any other creamy sauces.</p> <p><i>Tiramisu, Italian gateau, zabaglione, cheesecake.</i></p>
<p><i>soups, meat or fish satay dips, aromatic duck with pancakes, lettuce wraps, prawn crackers, chow mein, chop suey, foo yung dishes, bean sprout, chilli, oyster, yellow, sweet &amp; sour, black bean sauces. stir fried Chinese vege, noodles, salads, boiled rice fresh fruit, lychees, sorbet, toffee banana/apple</i></p>	<p><b>Chinese</b> <u>Starters</u></p> <p><u>Main course</u></p> <p><u>Side dishes</u></p> <p><u>Desserts</u></p>	<p><i>Spare ribs, spring rolls, sesame prawn toast, crispy seaweed, fried bean curd.</i></p> <p>Battered foods, satay sauces and fried rice.</p> <p><i>Special &amp; prawn fried rice, fried vege.</i></p> <p>Apple, banana, pineapple fritters.</p>

## Recipe and snack ideas

Sandwiches are a convenient meal for packed lunches at school or to take for before but mainly after training and games. All breads are a good source of carbs but wholewheat is the best option. When making sandwiches use a low-fat spread!

### *Serving suggestions*

- Tri-wedges** - include a 3<sup>rd</sup> slice of bread in the sandwich
- Toast wedges** - toast the bread to make a hot snack
- Pocket wedges** - filled pitta breads
- Roll wedges** - place fillings on naan breads and roll up
- Continental wedges** - try different bread, *bagel/bread sticks*

### *Filling ideas*

- ✳ **Lean roast meat with pickle, mustard and chutney with salad**
- ✳ Cooked chicken or turkey with reduced fat mayo or cranberry sauce
- ✳ **Reduced fat cheese and lean ham – add celery or tomato**
- ✳ Cottage or Ricotta cheese with dried fruit
- ✳ **Low fat humus with cucumber and grated carrot**
- ✳ Tuna in brine or salmon spring onions or cucumber
- ✳ **Marmite with cottage cheese and salad**
- ✳ Cottage cheese with fruit
- ✳ **Ham, cottage or ricotta cheese and pineapple**
- ✳ Banana and raisin
- ✳ **Low fat pate salmon or tuna paste**
- ✳ Low fat cream cheese and tomato
- ✳ **Grilled bacon lettuce and tomato**
- ✳ Chopped chicken and sweetcorn with low calorie dressing

### *Toppings for toast, muffins, bagels and crumpets*

- ✳ **Spaghetti, baked beans or ravioli**
- ✳ Jam, syrup or honey
- ✳ **Low fat cheese and lean ham**
- ✳ Scrambled egg and tomato sauce / Chopped egg mixed with plain yoghurt
- ✳ **Low fat cream cheese and banana**
- ✳ Sardines/mackerel in tomato sauce

### *Potato Fillings*

- ✳ **Mexican tuna – tinned tomatoes, red peppers, onion & tuna**
- ✳ Cheesy bean potatoes – baked beans, low fat grated cheese & pepper
- ✳ **Mushroom toppers – onion, mushrooms, tomato, basil & black pepper**
- ✳ Mushroom & beans – sliced mushroom, onions & baked beans
- ✳ **Chicken & sweetcorn – cooked chicken, sweetcorn, fromage frais, mustard, pepper & parsley**
- ✳ Fish potato – tinned fish in tomato sauce, chopped pepper & tomato
- ✳ **Bacon delight – lean grilled bacon, grilled mushrooms & tomato**
- ✳ New potato salad – new potatoes in natural yoghurt with spring onions & sweetcorn
- ✳ **Minted potato salad – new potatoes in low fat yoghurt, garlic, cucumber & mint**
- ✳ Hot potato salad – boiled new potato in low fat yoghurt, garlic, onion, wholegrain mustard, curry paste. Sprinkle with a little low fat grated cheese and bake until hot throughout

## Desserts

- ✳ Fresh or tinned fruit / Low fat tinned or homemade rice pudding or custard
- ✳ Low fat yoghurt or fromage frais or mousse
- ✳ Low fat ice cream / Sorbet
- ✳ Jelly

## Breakfasts

You should ensure that you drink non-caffeinated fluid at breakfast. Approx 600ml (1 pint) of water should be consumed as soon as you wake up. The following food can be chopped and changed with those on the lists with similar calorific values.

- ✳ **Medium bowl of cornflakes + 200ml s-s milk + 2 pieces of white toast with jam + coffee/tea = 485 Kcal**
- ✳ 2 weetabix + 200ml s-s milk + 2 pieces of white toast with jam + coffee/tea = 475 kcal
- ✳ **medium bowl of cornflakes + 200ml s-s milk + 1 piece of white toast with jam = 360 kcal**
- ✳ 2 weetabix + 200ml s-s milk + 2 pieces white toast with jam + coffee/tea = 350 kcal
- ✳ **medium bowl of cornflakes + 200ml s-s milk + 1 toasted muffin jam + tea/coffee = 415 kcal**
- ✳ 2 weetabix + 200ml s-s milk + 1 toasted muffin with jam + tea/coffee = 405 kcal
- ✳ **2 slices of lean grilled bacon + 2 grilled sausages + ½ can baked beans + coffee/tea = 425 kcal**
- ✳ 1 medium bowl of cornflakes + 200ml s-s milk + 200ml muller lite yoghurt + tea/coffee = 330 kcal
- ✳ **2 slices white toast + 1 tsp low fat spread + ½ can baked beans + tea/coffee = 375 kcal**
- ✳ 200ml muller lite yoghurt + 2 pieces of toast with jam + coffee/tea = 375 kcal

## Lunches or dinners

You should ensure that you drink plenty of non-caffeinated fluid for lunch or dinner. This will maintain your hydration status. *Eg water or low calorie squash.*

- ✳ **Medium jacket potato + ½ can baked beans + 1 banana + 1 apple = 525 kcal**
- ✳ 1 baguette + 2 tsp low fat spread filled with 4 thin slices chicken salad + large orange = 595kcal
- ✳ **2 slices white bread + 1 tsp low fat spread filled with 2 thin slices of ham, salad & 1 tbsp low fat salad cream + 1 apple + 1 orange = 530 kcal**
- ✳ 2 plain bagels + 2 tsp low fat spread filled with ½ tin tuna (in brine) + 1 banana = 585 kcal
- ✳ **8 tbsp boiled pasta + 200g Bolognese sauce + 100g grapes = 560 kcal**
- ✳ 4 tbsp boiled rice + 1 can chilli con carne + 1 apple = 560 kcal
- ✳ **2 slices white toast + 1 tsp low fat spread + ½ can baked beans + 1 banana = 475 kcal**
- ✳ 1 grilled chicken breast + medium jacket potato/1 serving oven chips + 4 tbsp boiled carrots + 4 tbsp boiled sweetcorn = 505 kcal
- ✳ **Ave portion lasagne + medium jacket potato/1 serving oven chips + 4 tbsp boiled carrots + 4tbsp boiled green beans + 1 banana = 700 kcal**
- ✳ 8oz grilled steak + medium jacket potato/1 serving oven chips + 4 tbsp boiled carrots = 750 kcal
- ✳ **1 grilled chicken breast wrapped in 1 slice lean bacon + medium jacket potato/1 serving of oven chips + ½ can baked beans = 630 kcal**
- ✳ 2 grilled sausages + medium jacket potato/1 serving of oven chips + ½ can baked beans = 550 kcal
- ✳ **2 grilled lean lamb chops + medium jacket potato/1 serving of oven chips + 4 tbsp boiled carrots + 4 tbsp boiled green beans + 4 tbsp boiled sweetcorn = 652 kcal**

The above are just examples of suggested meals, check the food lists to keep your calorie intake up and that you are getting your required %ages. Eating a Muller lite yoghurt will add 100 kcal to your meal.

## Snacks

During the rest of the day it is vital you maintain your hydration levels, drinking water or low calorie squash will keep your levels maintained.

- ✱ 1 large orange = **86 kcal**
- ✱ 1 banana = **92 kcal**
- ✱ 2 jaffa cakes = **94 kcal**
- ✱ 1 bag French fries = **110 kcal**
- ✱ 150g grapes = **110 kcal**
- ✱ 1 crumpet with jam = **110 kcal**
- ✱ 1 2-finger kit kat = **110 kcal**
- ✱ 1 small milky way = **115 kcal**
- ✱ 2 apples = **120 kcal**
- ✱ 2x200ml muller lite yoghurts = **200 kcal**
- ✱ medium bowl cornflakes + 200ml s-s milk = **210 kcal**
- ✱ 1 plain bagel + jam = **215 kcal**
- ✱ 1 toasted muffin + 1 slice lean ham + 1oz low fat cheese = **230 kcal**
- ✱ 1 banana + 1 apple + 1 large orange = **240 kcal**
- ✱ 50g raisins + 1 packet of French fries = **245 kcal**
- ✱ 12 dried apricots + 1 small milky way = **245 kcal**
- ✱ medium bowl cornflakes + 200ml s-s milk +  $\frac{1}{2}$  tbsp raisins = **250 kcal**
- ✱ 1 average choc bar = **250 kcal**
- ✱ 4 jaffa cakes + 1 apple = **250 kcal**
- ✱ 2 pieces white toast + jam = **260 kcal**
- ✱ 6 jaffa cakes = **280 kcal**
- ✱ 1 litre lucozade sport = **280 kcal**
- ✱ 75g jelly sweets = **290 kcal**
- ✱ 50g marshmallows + 1 apple + 100g grapes = **290 kcal**
- ✱ 2 toasted muffins + jam = **315 kcal**
- ✱ 2 pieces white bread + 1 tsp low fat spread + 2 slices grilled lean bacon = **315 kcal**

## What represents 100 calories?

### Main meal

2 weetabix	1 $\frac{1}{4}$ sausages	8 tablespoons baked beans	1 slice white bread
Half jacket potato	25g cheeses	1 crumpet	2/3 plain bagel
$\frac{3}{4}$ English muffin	$\frac{1}{4}$ naan bread	3 tablespoons boiled pasta	1 $\frac{1}{2}$ tablespoons boiled rice
2 $\frac{1}{2}$ rashers lean bacon	$\frac{3}{4}$ onion bhaji	$\frac{1}{2}$ grilled chicken breast	

### Fruit & Veg

2 apples	4 medium tomatoes	1 banana	150g grapes
1 $\frac{1}{4}$ large orange	4 raw carrots	9 dried apricots	

### Drinks

340ml lager	2 $\frac{1}{2}$ options hot choc	2 gin & slimline tonic	20 cups black coffee
4 cups white tea	350ml lucozade sport	300ml skimmed milk	

### Snacks

1 $\frac{1}{4}$ digestive biscuit	1 small milky way	9 crisps	$\frac{1}{4}$ Danish pastry
17 whole peanuts	1 bag French fries	1 starburst ice lolly	10 maltesers
2 jaffa cakes	1 200ml muller light yoghurt		

## Food for thought

The following table shows the caloric values, amount of carbs, protein fat of common foods that you are likely to consume in everyday life.

<b>Food</b>	<b>Serving</b>	<b>Kcal</b>	<b>Carbs g</b>	<b>Protein g</b>	<b>Fat g</b>
White bread	1 medium slice	100	18	3	1.5
Brown bread	1 medium slice	90	17	3.7	1.5
English muffin	1 toasted	130	26	4.2	1
Plain bagel	1 toasted	156	31	5.8	1
Baguette	1	350	66	10.5	5
White pasta	8 tbsp (200g) boiled	262	50	10	2
White rice	4 tbsp (1cup) boiled	242	54	4	0
Egg noodles	1 block	200	38	7.5	1.5
Jacket potato	1 medium	220	52	4.7	0
Boiled potato	8 small	110	25	2.5	0
Chips - oven	1 serving	226	30	3	10
Chips - retail	1 regular serving	420	54	4	20
Baked beans	207g (½ can)	155	28	9.7	0.4
Carrots - boiled	4 tbsps	18	4	0.4	0
Carrots - raw	1 medium	26	6	0.6	0.1
Sweetcorn	4 tbsp boiled	54	13	1.5	0.5
Green beans	4 tbsp boiled	14	3	0.8	0
Lettuce	1 cup	7	1	0.6	0
Tomatoes	1 medium	26	6	1	0.4
Cucumber	½ cup	7	1	0.4	0
Cornflakes	1 medium bowl	110	26	2.1	0.3
Weetabix	2 biscuits	100	20	3	0.8
Semi-skimmed milk	200ml	100	10	6	4
Coffee	1 cup	5	0	0	0
Tea	1 cup	2	0	0	0
Sugar	1 tsp	16	4	0	0
Jam	1 tbsp	56	14	0	0
Honey	1 tbsp	64	17	0	0
Syrup	1 tbsp	57	15	0	0
Butter	1 tsp	36	0	0	4
Margarine	1 tsp	36	0	0	4
Low fat spread	1 tsp	27	0	0	3
Very low fat spread	1 tsp	18	0	0	2
Vegetable oil	1 tbsp	124	0	0	14
Cheddar cheese	25g (1oz)	101	0.3	6	8
Tuna in brine	½ tin	128	0	29	1.2
Tuna in oil	½ tin	220	0	32	8.9
Turkey	2 slices	47	0	10	0.5
Ham	2 slices	102	2	10	6
Extra lean ham	2 slices	73	2	10	3
Chicken	2 slices	43	2	8.8	0.4
Chicken breast	1 grilled - meat only	211	0	40.6	4.2
Lean bacon	2 slices grilled	87	1	11.3	4
Pork sausages	1 grilled	82	1	4	7.4
Lamb chops	1 grilled	172	0	23	8.5
Lean steak	8 oz	510	0	56	30
Bolognese sauce	200g	228	15	15	12
Lasagne	215g (ave portion)	355	33	25	14

Food	Serving	Kcal	Carbs g	Protein g	Fat g
Chilli con carne	1 can (222g)	255	24	20	9
Carbonara sauce	200g	248	14	14	26
Apples	1 medium	60	15	0	0
Bananas	1 medium	92	23	1	0
Grapes	100g	71	18	1	1
Oranges	1 large	86	22	1.8	0
Plain crisps	1 bag (30g)	167	15	1.8	11
French fries	1 bag (30g)	95	14	1.1	3.7
MnMs plain	1 bag	240	33	3	10
MnMs peanuts	1 bag	240	28	5	12
Twix	1 (2 bars)	289	38	2.9	14
Snickers	1 bar1 bag (30g)	273	34	4.6	15
Rolos	1 packet	218	29	2.7	11
Milky way	1 small bar	114	19	1.4	4.3
Mars bar	1 bar	234	32	4	12
Kit kat	1 4-finger bar	216	27	2.9	11
Milk choc	1 bar	207	25	1.6	14
Marshmallows	25g (1oz)	80	20	0.5	0
Skittles	1 packet	239	54	0	2
Starbursts	1 packet	234	50	0	4
Jelly sweets	50g (2oz)	193	48.5	0	0
Raisins	50g (2oz)	150	36	1.5	0
Dried apricots	12 halves	128	30	1.9	0

### Comparisons of Cereal Bars

Cereal bars are excellent to increase your calorie intake during the day. They are generally fairly healthy but have a look at the table below.

Product	size	Kcal	carbs	fat	protein
Kellogs nutrigrain strawberry	1 bar	137	26	3	1.5
" " Blueberry	1 bar	137	26	3	1.5
" " Chocolate	1 bar	142	25	4	1.5
" " Apple	1 bar	137	26	3	1.5
" " Twist strawberry	1 bar	137	26	3	1.5
" " forest fruit	1 bar	137	26	3	1.5
" elevenses	1 bar	170	32	3.5	2.5
Poptart strwb	1 pop tart	202	35	6	2
Choc	1 pop tart	206	35	6	3
Rice crispie squares -marshmallow	1 bar	76	14	2	0.6
- choc	1 bar	77	14	2	0.8
- caramel n choc	1 bar	95	16	3	1
Frostis cereal bar with milk	1 bar	123	18	4.5	2.5
Coco pop bar with milk	1 bar	89	14	3	1.5
Choc-cornflake bar with milk	1 bar	118	18	4	2.5
Choc chip tracker bar	1 bar	137	15.1	7.5	2.3
Jordans frusli bar - raisin n hazelnut	1 bar	142	20.4	5.8	2.1
Foxes big softie bar summerfruit	1 bar	89	19.5	0.6	1.5
Choc brownie	1 bar	87	18.7	0.7	1.4
Snack-a-jacks cheese	1 bag	121	23.4	2	2.4
Snack-a-jack - cheese	1 large cracker	39	8.2	0.3	0.8
Snack-a-jack - caramel	1 large cracker	50	11.2	0.3	0.7

## *Making changes to your Daily Nutritional Intake*

There are many different ways that you can change the look of your food cupboards and your fridge. Always look for the low fat options that are available. **Eg** Flora Light contains approx 36g of fat compared to approx 70g in normal flora! Doesn't mean that you can have more butter on your bread!!!! A simple tip for using less butter is to keep it at room temperature, not in the fridge. Also take off any excess butter with a clean knife. **Eg** walkers popodom bites contain 4g fat per bag.

<b>Change from (kcal)</b>	<b>Change to (kcal)</b>
Sugar free muesli whole milk 250	All-bran semi-skimmed milk 150
2 scrambled eggs milk & butter 296	2 poached eggs 147
2 grilled pork sausages 254	2 grilled rashers of bacon 146
1 freshly baked croissant 216	2 slices of toast 116
2 pats of butter 144	2 tbsps of raspberry jam 42
150g Greek yoghurt 240	150g low fat plain yoghurt 84
1 beef & horseradish sandwich 347	1 lean ham & mustard sandwich 243
1 egg mayonnaise sandwich 641	1 egg salad sandwich 401
1 bowl of tomato soup 165	1 bowl of gazpacho 60
1 baked potato, butter and cheese 409	1 baked potato with baked beans 265
1 rounded tablespoon of mayo 139	1 tablespoon salsa 20
2 fresh bagels 402	2 fresh wholemeal rolls 230
1 portion of carbonara 539	1 portion of spaghetti naplitana 339
150g chip shop chips 358	150g supermarket oven chips 250
2 grilled lamb chops 664	8oz grilled rump steak 436
1 chicken breast with skin 302	1 lean turkey breast 194
1 plate of chicken korma 660	1 plate of chicken piri-iri 375
1 steamed salmon steak 360	2 grilled fishcakes 197
1 mars bar 287	1 flake bar 180
3 chocolate digestives 222	3 jaffa cakes 109
50g bag of salted peanuts 301	50g of twiglets 192
4 fresh figs 167	20 fresh cherries 38
2 bananas, small bunch of grapes 155	1 slice of melon, 1 kiwi 49
1 magnum ice cream 287	1 solero ice cream 125
3 cups of tea, sugar & semi-skimmed 158	3 cups of tea, no sugar & skimmed 40
1 glass of baileys irish cream 150	1 glass of scotch whisky 50
300ml glass whole milk 204	300ml glass of semi-skimmed 102
1 can of coca-cola 128	1 can of diet coke 2
1 mug of drinking choc semi skimmed 178	1 mug of drinking choc water 40
Half pint of vintage cider 286	Half pint of guinness 105

## Calorie Content of Alcoholic drinks

Below is a table that has been researched and all relevant information given. It is advised that you do not have a high intake of alcohol.

<b>Drink</b>	<b>Quantity</b>	<b>calories</b>
<b>beer/larger</b>		
Amstel	1 pint	165
Beamish	1 pint	210
Becks	1 bottle (12oz/340ml)	145
Budweiser	1 bottle (12oz/340ml)	135
Budweiser Lite	1 bottle (12oz/340ml)	100
Carling black label	1 pint	256
Coors	1 pint	220
Coors lite	1 pint	170
Fosters	1 pint	240
Grolsch	1 bottle (12oz/340ml)	150
Guinness	1 pint	245
Harp	1 pint	227
Heineken	1 pint	265
Kronenburg	1 pint	245
Lowenbrau	1 bottle (12oz/340ml)	155
Miller	1 bottle (12oz/340ml)	140
Miller lite	1 bottle (12oz/340ml)	105
Pilsner	1 bottle (12oz/340ml)	155
Red stripe	1 pint	245
Rolling rock	1 bottle (12oz/340ml)	120
<b>Spirits/liqueurs</b>		
Brandy	1 shot(1oz/30ml)	65
Cognac	1 shot(1oz/30ml)	65
Cointreau	1 shot(1.5oz/45ml)	190
Drambuie	1 shot(1.5oz/45ml)	190
Gin	1 shot(1oz/30ml)	65
Kahula	1 shot(1.5oz/45ml)	190
Martini	1 measure(3.5oz/75ml)	140
Rum	1 shot(1oz/30ml)	65
Tequila	1 shot(1oz/30ml)	65
Vodka	1 shot(1oz/30ml)	65
Whiskey	1 shot(1oz/30ml)	65
<b>Wines</b>		
Champagne	1 glass(4oz/110ml)	85
Dry white	1 glass(4oz/110ml)	75
Port	1 glass(2oz/55ml)	90
Red	1 glass(4oz/110ml)	80
Sherry	1 glass(2oz/55ml)	75
Sweet wine	1 glass(4oz/110ml)	105
Baileys	1 measure(37.5ml)	115

## Fast food facts

Below are tables with all the relevant information with regard to the contents of the favourite fast foods.

### McDonalds

Product	Calories	Fat g	Carb g	Protein g
Big mac	590	34	47	24
Quarter pounder	430	21	37	23
" " " with cheese	530	30	38	28
Hamburger	280	10	35	12
Cheeseburger	330	14	36	15
Chicken nuggets 4	210	13	12	10
" " " 6	310	20	18	15
Chicken nuggets 9	460	29	27	22
Crispy chicken deluxe	500	25	43	26
Fillet o fish	470	26	45	15
Grilled chicken deluxe	440	20	38	27
Small fries	210	10	26	3
Large fries	450	22	57	6
Supersize fries	610	29	77	9
Hot mustard	60	3.5	7	1
Barbecue sauce	45	0	10	0
Sweet n sour	50	0	11	0
Honey	45	0	12	0
Honey mustard	50	4.5	3	0
Garden salad	100	6	4	7
Strawberry sundae	290	7	50	7
Hot caramel sundae	360	10	61	7
Hot fudge sundae	340	12	52	8
M&M mcflurry	630	23	90	16
Baked apple pie	260	13	34	3
Vanilla shake small	360	9	59	11
Choco shake small	360	9	60	11
Strawberry shake small	360	9	60	11
Egg mcmuffin	300	12	29	18
Sausage mcmuffin	370	23	28	14
Sausage and egg mcmuffin	450	28	29	20
English mcmuffin	150	2	27	5
Sausage	170	16	0	6
Scrambled eggs 2	160	11	1	13
Hash browns	130	8	14	1
Pancakes plain	340	8	58	9
Pancakes with marg & syrup	600	17	104	9

## Burger King

Product	calories	Fat g	Carb g	Protein g
Whopper sandwich	645	38	48	31
Whopper with cheese	730	46	46	33
Hamburger	290	11	30	17
Cheeseburger	330	14	30	20
Double cheeseburger	490	26	30	33
Double cheeseburger with bacon	510	29	31	37
Big king	540	31	30	33
Double whopper	870	56	45	46
Double whopper with cheese	960	63	46	52
Whopper JR	370	20	31	17
Whopper JR with cheese	415	23	31	20
Small king fries	260	10	32	2
Regular king fries	400	16	43	3
Large king fries	490	20	53	4
Regular onion rings	260	13	33	4
Large onion rings	350	17	44	6
Chicken flamer	310	12	30	20
Chicken royale	640	40	47	25
Chicken royale club	670	42	48	27
Chicken whopper	550	23	45	39
Spicy beanburger	505	20	63	19
Cajun chicken wrap	510	28	48	18
Chicken Caesar wrap	835	26	45	18
Chicken tenders (8 pieces)	310	17	19	21
Garden salad no dressing	100	5	7	6
Side salad no dressing	60	3	4	3
Milkshake (small)	230	4	40	7
Milkshake (med)	310	7	54	9
Sausage & egg sandwich	375	19	32	20
Bacon & egg sandwich	300	13	3	15
Sausage, bacon & egg sandwich	430	23	32	24
Medium hash browns	210	13	22	2
Large hash browns	320	20	33	2
Ketchup pot	25	0	6	0
Chilli sauce	25	0	6	0
BBQ sauce	30	0	7	0
Diddy donuts	320	15	45	4
Choc dip	60	0	14	0
Butterscotch dip	60	1	13	0
Vanilla icing dip	70	2	13	0
Strawberry dip	55	0	14	0
Caramel ice cream sundae	190	11	26	2
Choc ice cream sundae	190	9	28	2
Soft serve vanilla ice cream	110	5	14	3
Mini cones	90	5	11	1
Cinnamon hot cakes	400	17	54	10

## KFC

Product	calories	Fat g	Carb g	Protein g
Original receipe - whole wing	140	10	5	9
Original receipe - breast	400	24	16	29
Original receipe - drumstick	140	9	4	13
Original receipe - thigh	250	18	6	16
Extra crispy -whole wing	220	15	10	10
Extra crispy -breast	470	28	17	39
Extra crispy -drumstick	195	12	7	15
Extra crispy -thigh	380	27	14	21
Hot & spicy - whole wing	210	25	9	10
Hot & spicy - breast	505	29	23	38
Hot & spicy - drumstick	175	10	9	13
Hot & spicy - thigh	355	26	13	19
Colonels crispy strips (3)	300	16	18	26
Spicy crispy strips (3)	335	15	23	25
Honey BBQ strips (3)	375	15	33	27
Blazin strips (3)	315	16	21	26
Hot wings pieces (6)	470	33	18	27
Honey BBQ pieces (6)	610	38	33	33
Original receipe sandwich	450	22	33	29
Triple crunch sandwich	360	13	21	29
Triple crunch zinger sandwich	550	32	39	28
Tender roast sandwich	350	15	26	32
Honey BBQ sandwich	310	6	37	28
Twister	600	34	52	22
Blazin twister	720	43	56	30
Crispy Caesar twister	745	41	66	27
Popcorn chicken (small)	360	23	21	17
Popcorn chicken (large)	620	40	36	30
Kentucky nuggets (6)	284	18	15	16
Mashed potatoes	120	6	17	1
Potatoe wedges	280	13	28	5
Corn on the cob	150	2	35	5
BBQ baked beans	190	3	33	6

## Pizza Hut

Product	calories	Fat g	Carb g	Protein g
Thin n crispy (1 slice)	210	9	21	12
Pan (1 slice)	300	14	30	15
Stuffed crust (1 slice)	380	11	49	21
Buffalo wings mild (5)	200	12	0	23
Buffalo wings hot (4)	210	12	4	22
Garlic bread (1 slice)	150	8	16	3
Bread stick (1 slice)	130	4	20	3
Bread stick dip sauce	30	0.5	5	0
Spaghetti w/Marinara	490	6	91	18
Spaghetti w/Meat sauce	600	13	98	23
Spaghetti w/meat balls	850	24	120	37
Cavatini pasta	480	14	66	21
Cavantini supreme pasta	560	19	73	24
Ham & cheese sandwich	550	21	57	33
Supreme sandwich	640	28	62	34
Apple/cherry dessert pizza (1 slice)	250	4.5	48	3

The pack has been designed so that you can access information to assist you in getting a balanced nutritional intake everyday, from doing no sport to doing training, to playing to recovering immediately, later on and the day after a game.

There are many areas that have been covered and there are many that haven't; the information given is very relevant to not just football but rugby, netball, etc.

I hope that you find it interesting and a very useful tool in aiding your quest to be your best in your sport.