

## **Fuelling up – Eating and Drinking for the best performance**

### **1. School days**

**Breakfast** is essential to refuel your energy (glycogen) levels in your muscles  
Good choices include:

- Large bowl of cereal
- Large bowl of porridge or Ready Brek made with milk
- 2 slices of toast with jam, honey, chocolate spread or banana
- toasted bagel with jam, honey or low spreading cheese or peanut butter

Take a large glass of milk or fresh fruit juice with your breakfast

Short of time or don't like eating first thing?

- large glass or carton of milk with a cereal bar or banana

### **Mid Morning and mid afternoon snacks**

Choose 1 of the foods from the snack list . Remember to always have a drink!

**Lunch.** At least half of your lunch should be carbohydrate to continue to fuel your muscles

Good choices include:-

- Filled rolls, wraps, sandwiches, pitta bread. Choose chicken, ham, turkey, beef, tuna, cheese, egg, low fat peanut butter & jam. Look for the healthy option ones - avoid those over 500 kcals and use low fat mayo.
- Soup - lentil, sweet potato, butternut squash, vegetable, minestrone - with bread/roll or a sandwich
- baked potato with beans, cheese, chilli, hummous
- Pasta dish
- Toastie or panini - ham & cheese,
- Cheese & tomato pizza

Take fruit, yoghurt or one of the snacks from the list and drink fruit juice or semi skimmed milk with your lunch

**Evening meals.** Your dinner should be:

- 1/3 carbohydrate e.g. rice pasta, potatoes, couscous or bread to refuel.
- 1/3 protein e.g. chicken, turkey, fish, pork, beef, mince, lamb, eggs, cheese
- 1/3 vegetables or a salad.

Try to take 2 courses e.g. soup and main course or main course plus fruit or yoghurt or one of the snacks from your list.

Drink milk or fresh fruit juice with your meal.

Good choices include:-

- Chilli and rice/pitta bread
- Spaghetti bolognaise

- Chicken, beef or pork stir fry with noodles
- Shepherd's pie with extra potatoes and vegetables
- Lasagne and low fat garlic bread
- Fish fingers with potato wedges and baked beans
- Baked chicken with rice and roasted vegetables
- Chicken fajitas
- Breaded fish and potato wedges baked in the oven, peas.
- Tuna pasta
- Baked potatoes with cheese and salad
- Pasta with tomato sauce and chicken
- Meatballs with pasta or mashed potatoes
- 100% "homemade" beefburgers with rolls and salad

## **2. Evening training or weekend training**

**Pre-training fuelling meal or snack (approx 2hrs beforehand)** is essential to refuel your muscles before exercising

Best choices include:-

- Filled roll or sandwich
- Bowl of thick soup with a roll (not Cup a soup types!)
- Beans or spaghetti on toast
- Pasta with a tomato sauce and chicken or tuna
- spaghetti bolognaise
- large bowl of cereal or porridge

Plus one of the following:-

- cereal or breakfast bar e.g. Nutrigrain, Alpen, Nkd
- apple, banana, handful of grapes or 2-3 satsumas
- Rice pot, custard pot or low fat yoghurt e.g. corner yoghurt
- Scone and jam or 2-3 pancakes and chocolate spread

Plus have milk, fruit juice or a smoothie to drink

**\*\*Drink at least 300-500mls fluid in the last 2 hours before training starts\*\***

Ideally a sports drink, diluted half and half with water e.g. Powerade, Gatorade, Lucazade Sport or a home-made sports drink.

### **Homemade sports drinks**

#### Drink 1

200mls sugary diluting juice  
800mls water  
Pinch of salt

#### Drink 2

500mls fresh fruit juice  
500mls water  
Pinch of salt

### **During training - refuelling**

Take 300- 500mls fluid for each hour of training e.g. water or use half sports drink and half water.

### **Recovery after training.....within 1/2 hour (ESSENTIAL)**

Take 300-500mls low fat milkshake e.g. Yazoo, For Goodness Shake, or homemade with milkshake powder or syrup

If you have a long journey home take a sandwich or a filled roll and some fruit juice to drink.

**Once home** .....always have something to eat straight away. Use the suggestions for evening meals or if it is late choose from one of these snacks:-

Baked potato and cheese

Large bowl of cereal or porridge

Beans or spaghetti on toast

2 slices of toast with a large banana

1-2 bagels with spreading cheese or low fat peanut butter

Large bowl of thick soup and bread

Toasted sandwich or panini

Finish off with a yoghurt, fruit salad, jelly or some jelly sweets or chocolate raisins

Drink milk, hot chocolate, latte, smoothie or fruit juice with this meal

### **3. Match or Performance day**

#### ➤ **Fuel up**

#### **If it an early Match (e.g. lunchtime)**

- have a glass of milk, smoothie or fresh fruit juice plus a yoghurt or banana as soon as you get up

#### **Then have a "pre-match" meal 2-3 hours before KO**

- Beans or spaghetti or banana on toast
- Toasted bagel with peanut butter, banana or spreading cheese
- Bowl of thick soup and bread
- Bowl of pasta with tomato sauce
- Large bowl of breakfast cereal with sliced banana
- or if you don't feel hungry - 2 pots of rice pudding
- PLUS
- large glass of milk, fruit juice or smoothie

#### ➤ **Refuel -1/2- 1 hour before KO**

Take 1 of the following:

- 1/2 -1 Cereal bar
- 1/2-1 Banana
- 3-4 jaffa cakes

➤ **Refuel – at half time**

Take 1 of the following:

- 1/2-1 Cereal bar or 2-3 jaffa cakes
- 1/2-1 Banana
- 4-6 jelly babies/beans/soft mints
- PLUS
- at least 300mls sports drink (diluted 50:50 with water if preferred)

➤ **Recovery – with ½ hour of finishing the match**

This is essential – if you do not replace glycogen within ½ of finishing exercising it can take up to 48 hours to build up your stores – so you will start your next training session with poor energy levels

- Take **300 -500mls of milkshake** as soon as you finish
- Plus a piece of fruit, cereal bar or a handful of jelly sweets, - while you are getting changed.

• **Recovery – within 2 hours of finishing**

**If you have a long journey home take a selection of the following to eat on the way....keep eating small amounts throughout the journey**

- Fruit
- Cereal bars
- Sandwiches
- Jelly sweets
- Plain biscuits e.g. jaffa cake, garibaldi biscuits, fig rolls
- Tubs of custard or rice pudding or yoghurt.
- Cartons of milk, milkshake, smoothies or fruit juice

**Then have a meal within 2 hours of getting home.** Use the suggestions for main meals or if you don't have an appetite then use the suggested snack meals.

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