

BALJAFFRAY FOOTBALL CLUB

Sports Nutrition



How to eat your way to a better performance!

Nutrition is an important part of any sportsperson's preparation, amateur or professional. Adequate or good nutrition will not make up for a lack of talent, commitment, or a reluctance to get up for training on a rainy day! However it can play an important part in maintaining good health, preventing fatigue and dehydration.

Failure to recognise these points may prevent a sportsperson from achieving his/her full potential. Good nutrition to maintain health is based around the balance of good health, as pictured in the national plate guide.

The basic rules for healthy eating are to eat mostly bread, cereals, potatoes, fruit & veg and eat less meat, fish and alternatives, dairy products, fats and sugars. Preventing fatigue is also based on this principle.

Breads, cereals, potatoes and rice contain carbohydrates which is an important source of fuel. The muscles in the body can store a limited amount of this (glycogen) however once this store becomes low then fatigue will be the result.

The way to refuel these stores and maintain exercise is to eat a diet based on carbohydrate foods e.g. breads, cereals and potatoes.

There is also some carbohydrate in fruits, lentils, dairy products and sugars (sweets and chocolates).

These sources are important but should be in the same proportion as for health - see picture guide. Dehydration can cause fatigue as the body loses fuel during activity. The environment, clothing and intensity of exercise can all play a part. It is important to try and drink little and often through training and after. A sports drink e.g. Lucozade Sport, Hydroactive, Isostar etc can be useful.