

Importance

Effective nutrition and hydration strategies will allow you to perform at your best. During a match, your main fuel (energy) source comes from carbohydrates so it is important to fuel properly on MD-1 to maximise your energy stores.



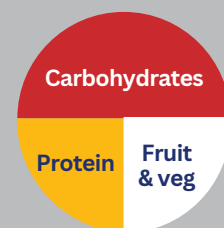
Nutrition preparation

Kick-off ready

Nutrition

Consume meals rich in **carbohydrate and protein**.

Although training may be light, aim to **incorporate carbohydrate containing foods into each of your meals, ideally making up ~50% of your plate**.



Hydration



Keep a bottle with you at all times. Drink/sip **little and often** during the day and consider using an electrolyte drink.

High volume
Likely hydrated

Low volume
Likely dehydrated

Urine color chart

Meals rich in carbohydrate and protein

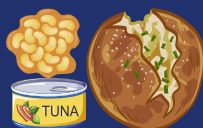
Porridge with berries, yoghurt & nuts



Salmon, couscous & vegetables



Noodles with chicken/egg & vegetables



Jacket potato with protein filling e.g. tuna, beans, chili con carne



Pasta with sauce e.g. spaghetti bolognese

TOP TIPS

- **Stick to what you know.** Don't try anything new at WEURO. Practice before you arrive in Switzerland.
- **Pack your kit bag the evening prior to the game/travel** (food/drinks for pre-, during and post-game).

SLEEP

7-9

hours sleep per night



Consider a milk-based drink before bed



Consistent bedtime and wake up time.



Establish routine



'Screen free' ~1.5 hrs before bed

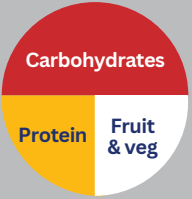









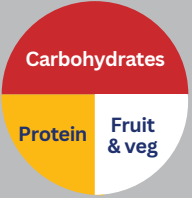



Avoid caffeine close to bed



Ensure dark, comfortable room

Effective nutrition and hydration strategies are key to ensuring you're ready to perform. Practice these strategies around training sessions, so you feel confident and prepared come match day.

Before the match	3-4 hours before	 <p>Meal rich in protein and carbohydrate. Ensure at least 50% of your meal contains carbohydrate-rich foods.</p>	 <p>Slowly drink ~5-7 ml of fluid per kg of your body mass alongside your meal.</p>
	2 hours before	 <p>Drink ~3-5 ml of fluid per kg of your body mass particularly if your urine is dark or highly concentrated.</p>	
	30 - 60 minutes before	 <p>Snack containing ~30g of carbohydrate e.g. banana, cereal bar, flapjack, sports drink.</p>	 <p>1-2 mg of caffeine per kg of body mass (optional) e.g. coffee, caffeine tablets, caffeine gum, caffeine-containing sports gel.</p>
During the match	At half-time	 <p>~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar</p>	 <p>Hydrate with fluids (water and/or sports drink).</p>
	If there is extra time	 <p>~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar</p>	 <p>Hydrate with fluids (water and/or sports drink).</p>
After the match	Immediately after	 <p>Refuel (carbohydrate) e.g. banana, toast, cereal bar, rice cake, sports drink, smoothie. Repair (protein) e.g. milk, protein shake, smoothie, yogurt. Rehydrate (fluid) e.g. water, sports drink.</p>	
	30 mins - 2 hours after	 <p>Meal rich in protein and carbohydrate e.g. pasta with sauce, rice/noodle based stir fry, potato based meal, sandwiches with protein filling.</p>	 <p>Continue to rehydrate by sipping on fluids alongside your meal.</p>

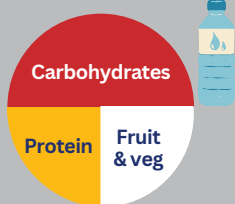
MATCH DAY NUTRITION FOR 18:00 KICK-OFF

Before the match

BREAKFAST

08:00 - 09:00

Personal preference



Build meal around a carbohydrate base.

~5-7 ml of fluid per kg of your body mass alongside your meal.



Porridge with fruit & toppings

Examples



Yogurt, granola & fruit

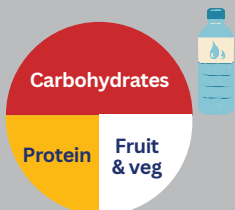


Toast, egg, avocado

EARLY LUNCH

~11:00

Personal preference



High in carbohydrate that is easily digestible.



Sandwiches/wrap/baguette



Pasta and chicken



Rice, salmon & vegetables

EARLY DINNER

~14:30 - 16:00

Personal preference



Stick to what you know.



Egg fried rice, chicken & vegetables



Spaghetti bolognese



Jacket potato, cheese & salad

HYDRATE

~16:00-17:00

SNACK ~17:00



Easily digestible snack, stick to what you know. Could consume after initial warm-up when getting changed.



Sweets/gel



Flapjack/cereal bar



Banana

During the match

HALF-TIME



~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar



Hydrate (water and/or sports drink)

EXTRA-TIME



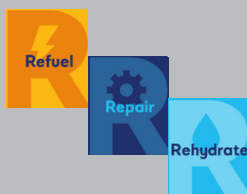
~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar



Hydrate (water and/or sports drink)

After the match

IMMEDIATELY AFTER



Refuel (carbohydrate)

Repair (protein)

Rehydrate (fluid)



Protein shake



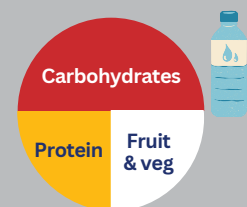
Chocolate milk

Consider UHT if no fridge

See recovery infographic for more ideas.

SUBSTANTIAL SNACK

30 mins - 2 hours after



Rich in protein and carbohydrate.

Continue to rehydrate.



Sandwich/wrap



Protein bar & banana

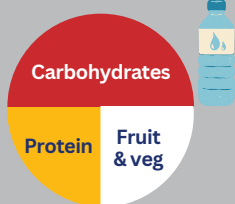
MATCH DAY NUTRITION FOR 21:00 KICK-OFF

Before the match

BREAKFAST

08:00 - 10:00

Personal preference



Build meal around a carbohydrate base.

~5-7 ml of fluid per kg of your body mass alongside your meal.



Porridge with fruit & toppings

Examples



Yogurt, granola & fruit

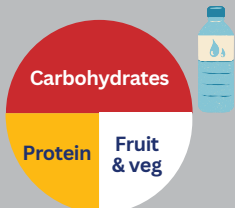


Toast, egg, avocado

LUNCH

12:00 - 14:00

Personal preference



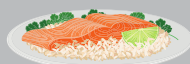
High in carbohydrate, easily digestible.



Sandwiches/wrap/baguette



Pasta and chicken



Rice, salmon & vegetables

DINNER

17:00 - 18:30

Personal preference



Stick to what you know.



Egg fried rice, chicken & vegetables



Spaghetti bolognese



Jacket potato, cheese & salad

HYDRATE

~19:00-20:00

SNACK ~20:00



Easily digestible snack, stick to what you know. Could consume after initial warm-up when getting changed.



Sweets/gel



Flapjack/cereal bar



Banana

During the match

HALF-TIME



~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar



Hydrate (water and/or sports drink)

EXTRA-TIME



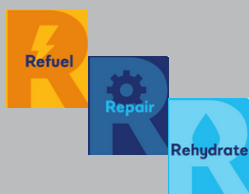
~30g of carbohydrate e.g. banana, sports drink, sweets, sports gel, cereal bar



Hydrate (water and/or sports drink)

After the match

IMMEDIATELY AFTER



Refuel (carbohydrate)

Repair (protein)

Rehydrate (fluid)



Protein shake



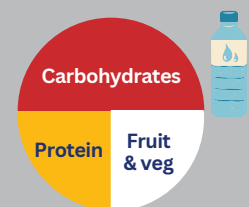
Chocolate milk

Consider UHT if no fridge

See recovery infographic for more ideas.

SUBSTANTIAL SNACK

30 mins - 2 hours after



Rich in protein and carbohydrate.

Continue to rehydrate.



Sandwich/wrap



Protein bar & banana

Nutrition guidelines to maintain physical and cognitive performance during a match. Modify to your individual needs and preferences.

 Position drinks bottles strategically around the pitch. Sip on fluids during breaks in play. Do not share drinks bottles with players or other match officials.



IMPORTANT



Modify your fluid intake depending on weather conditions.

↑ temperature = ↑ sweat rate = ↑ fluid requirements

Use Gx patch and sweat rate calculations to help understand individual fluid needs in different weather conditions.



Practice match day fuelling strategies during training sessions. (At least 2-3 weeks before competition).

Build up to the recommendations, your gut will adapt.

Experiment with different options.



*See the next page for 30g carbohydrate options