

Importance

Effective nutrition and hydration strategies are crucial for your recovery after a match. Recovery should begin immediately after matches (and training) to prepare your body for future bouts of exercise, specifically to:



Repair muscles



Refuel energy stores



Rehydrate your body



Boost immune health

Post-match nutrition

**Immediately after
(within 30 minutes)**

Refuel (carbohydrate) e.g. banana, toast, cereal bar, rice cake, sports drink, smoothie

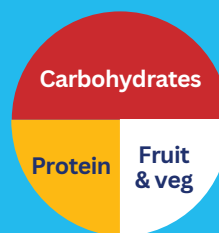
Repair (protein) e.g. milk, protein shake, smoothie, yoghurt

Rehydrate (fluid) e.g. water, sports drink

~ 2 hours after

Meal rich in protein and carbohydrate

Continue to rehydrate



Meal and snack ideas to refuel, repair and rehydrate:

Refuel

Repair

Rehydrate

Snacks to consume within 30 minutes:

Cereal/oat bar
& protein shake



Yoghurt, granola,
berries & cold water



Sports drink +
protein bar



A great option is a pre-made milk based smoothie:

- Protein: protein powder, milk, yoghurt
- Carbohydrate: honey, fruit; frozen or dried
- Fluid: water, milk, soy milk, fruit juices



Meals rich in protein and carbohydrate

Porridge with berries,
yoghurt and nuts



Seafood paella



Chicken stew with
vegetables and rice



Jacket potato with filling
e.g. tuna or beans



Pasta with sauce e.g.
spaghetti bolognese

Nutrition and hydration strategies can benefit your recovery during sleep

✓ **1. Ingest 20-40g of protein prior to sleep for optimal muscle repair. For example:**



Hot cocoa



Cottage cheese
& crackers



Protein shake



Yoghurt

✗ **2. Avoid caffeine before sleep, as it can reduce sleep efficiency and duration, for example:**

Coffee



Caffeinated
soda (250 ml)



Tea



Chocolate



Highest in caffeine

Lowest in caffeine

Caffeine remains in your system for ~3-5 hours.