



# Broxburn Athletic Colts

## Nutrition Guide



### Preparation for Training and Matches

To players/parents/guardians

The following guide aims to assist with the preparation and recovery of the player's body before any footballing activity. Please note that is a general guide and won't account for individual circumstances. For example, allergies etc.

#### Foods

##### Proteins

Chicken

Turkey

Lean beef

Lean pork

Tuna

Salmon

Eggs

Baked Beans

Semi skimmed milk

##### Carbohydrates

Sweet Potato

Wholemeal Pasta

Wholemeal Bread

Brown Rice

Porridge

Breakfast Cereals (Weetabix, Bran flakes)

Fruit (bananas, tangerines)

Breakfast Cereals (frosties, Crunchy nut)

Sports Drinks

Raisins

##### Other

Peanut butter

Jams

Milkshakes

Smoothies

Yoghurts

Green veg

Spinach / Salad

\*\*Carbohydrates in blue are slow release carbohydrates meaning it will provide energy for longer and should be eaten pre-match.

\*\*Carbohydrates in green are fast acting carbohydrates and contain more sugar and give a fast source of energy lasting around an hour.



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#### Water

##### Do

- ✓ Drink regularly
- ✓ 2-3 litres a day
- ✓ Drink after training and games
- ✓ Before going to bed

##### Avoid

- ✗ Not drinking for long periods
- ✗ Drinking sugary drinks ahead of bed
- ✗ Drinking too much at the one time

#### Pre-training

##### Do

- ✓ Eat before training, approx 90 mins before
- ✓ Eat fruit
- ✓ Eat carbohydrates ahead of training toast and peanut butter / jam or beans on toast

**Plenty Water**

##### Avoid

- ✗ Meals that are too heavy
- ✗ Eating too close to training, not within 60 mins
- ✗ Not eating before training

#### Post-training and game

##### Do

- ✓ Eat within 45 mins after training
- ✓ Eat a mix of proteins and carbohydrates, will help your muscles to recover and grow
- ✓ Have water or milk, milk = extra protein.

**Plenty Water**

##### Avoid

- ✗ Fast food and take-aways
- ✗ Snacks, crisps, sweets
- ✗ Leaving it too long to eat

#### Pre-match: Blue group carbohydrates

##### Do

- ✓ Eat before games, approx 2-3 hours before
- ✓ Eat slow releasing carbohydrates, for example, a couple of scrambled eggs on wholemeal toast or porridge/weetabix with fruit, preferably berries

**Plenty Water**

##### Avoid

- ✗ Eating too close to the game
- ✗ Not eating before training
- ✗ A heavy breakfast
- ✗ Fatty foods

#### Pre-match: Green group carbohydrates

##### Do

- ✓ Eat within 60-90 mins before the game
- ✓ Eat bananas, jaffa cakes

**Plenty Water**

##### Avoid

- ✗ Eating too much
- ✗ Leaving it too long to eat

#### Other Important Factors:

- ✓ The importance of being hydrated properly can't be stressed enough.
- ✓ Rest and sleep are also vital components in the body's ability to perform at its best. Sleeping well (but not late) before a game is important.
- ✓ Cooling the muscles after training and matches helps reduce injury.
- ✓ Any injuries should be treated with R-I-C-E Rest. Ice. Compression. Elevation. This will boost muscle recovery.



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### Preparation for Training and Matches

#### Water

You should be aiming at drinking at least 2-3 litres of water every day and especially before coming to training and another litre or so on top of that after training.

#### Pre-Training

It is very important to have something to eat before training, however, avoid eating meals that are too heavy. Having something like toast and peanut butter / jam or beans on toast along with a bit of fruit or a yogurt is helpful.

**Plenty Water**

#### Post-Training

After training you should look to be having a meal within 45 mins if possible. Ideally this will have a mix of proteins and carbohydrates as this will help your muscles to recover and grow. A glass of milk will add more protein to your meal.

**Plenty Water**

#### Pre-Match: Blue Group Foods

Your pre-match meal should be eaten around 2-3 hrs before KO for best effect.

Most games will be in the morning at 10:30/11 so this would be around 8/8:30. Rest and sleep are vitally important to effective performance too. Manage your time for sleep and breakfast well.

For example, a good breakfast may include a couple of scrambled eggs on wholemeal toast or some porridge/weetabix. Natural yoghurt and fruit (berries preferably) are also beneficial. Having any of the slow releasing carbohydrates 2-3 hrs before evening games is helpful.

**Plenty Water**

#### Pre-Match: Green Group Foods

Fast acting carbohydrates should be eaten 1/1.5 hours before the game. These may include bananas, jaffa cakes, wine gums/jelly babies etc. This will be provided for you pre-match.

**Plenty Water**

#### Post-Match: Recovery

As per the post-training routine, try to have a meal after the game as soon as you can. Avoid Fast Food! this won't help your muscles repair and grow and will increase chances of being sore the next day.

**Plenty Water**

#### Other Important Factors:

The importance of being hydrated properly can't be stressed enough.

Rest and sleep are also vital components in the body's ability to perform at its best. Sleeping well (but not late) before a game is important.

When approaching post-match recovery, any injuries should be treated with R-I-C-E.

Rest. Ice. Compression. Elevation. This will boost muscle recovery.



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This is a guide to help you. It is not a specialist view or opinion. If you've any concerns or questions relating to this or your urine consult your doctor.

## HOW HEALTHY IS YOUR WEE?

 <p><b>NO COLOUR. TRANSPARENT</b> You're drinking a lot of water you may want to cut back</p>	 <p><b>PINK TO REDDISH</b> Have you eaten beetroot, blueberries or rhubarb? If not, you may have blood in your urine, which could be a sign of kidney disease, tumors, UTIs, or prostate problems.</p>
 <p><b>PALE STRAW COLOUR</b> You're normal, healthy and well-hydrated</p>	 <p><b>ORANGE</b> You may not be drinking enough water. Or you could have a liver or bile duct condition. See your doctor</p>
 <p><b>TRANSPARENT YELLOW</b> You're normal</p>	 <p><b>BLUE OR GREEN</b> There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can cause infection. It may be food dye in something you ate or a medication. See your doctor if it persists</p>
 <p><b>DARK YELLOW</b> Normal. But drink some water soon</p>	 <p><b>PURPLE</b> There's no such thing as purple urine</p>
 <p><b>AMBER OR HONEY</b> Your body isn't getting enough water. Drink some now</p>	 <p><b>FOAMING OR FIZZING</b> A harmless hydraulic effect, if occasional. But it could show signs of excess protein in your diet or a kidney problem. See your doctor if it persists</p>
 <p><b>SYRUP OR BROWN ALE</b> You could have liver disease. Or severe dehydration. Drink water and see doctor if it persists</p>	





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## HOW TO FIX 9 COMMON SLEEP PROBLEMS

### CAN'T FALL ASLEEP

Avoid caffeine several hours before bedtime. Exercise in the morning or afternoon and put your phone away at least an hour before your bedtime.



### CAN'T STAY ASLEEP

Avoid alcohol before bed, since it can decrease the amount of time you spend in deep REM sleep. Make sure your room is set between 68° and 71° F.



### CAN'T WAKE UP

Try to wake up around the same time every day (even on weekends) so your body is used to it.



### SNORING

Try sleeping on your side or propping your head up a few inches. You can also clear out your sinuses with saline before bed and avoid alcohol.



### ACID REFLUX

Talk to your doctor about medication options, and try sleeping on your left side on an elevated pillow.



### LEG CRAMPS

You can try massaging the area, applying heat to the muscle, and stretching to relieve the pain.



### NECK PAIN

Replace your pillows at least every two years. People reported firm, latex pillows were the most comfortable in a study.



### SHOULDER PAIN

Don't sleep on your side. If you are a side-sleeper, and the pain's only in one shoulder, try sleeping on the other side. Hugging a pillow might help.



### BACK PAIN

Add a pillow under your thighs if you sleep on your stomach, or under your legs if you sleep on your back.





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#### SLEEPING WELL:

The Most Important Things You Can Do To Promote Good Sleep



#### GET REGULAR SUNLIGHT

Spend some time in the sun early in the day and work near a window to support your internal clock.



#### EAT HEALTHY

Eat a balanced diet with a variety of whole foods and plenty of pure water throughout the day.



#### KEEP A REGULAR SLEEP SCHEDULE

Consistency is helpful for regulating circadian rhythms and staying well-rested.



#### MODERATE ALCOHOL USE

Make last call at least 3 hours before bed as alcohol affects both REM and slow wave sleep.



#### TIME CAFFEINE RIGHT

Caffeine lasts up to 12 hours in your body, meaning consuming it after lunchtime could affect sleep.



#### GET EXERCISE

Regular moderate exercise helps boost energy and supports more restful sleep.



#### SET YOUR BEDROOM FOR SUCCESS

Use a supportive and comfortable mattress, keep rooms cool and dark, and give electronics the boot.