

EAT 2 COMPETE




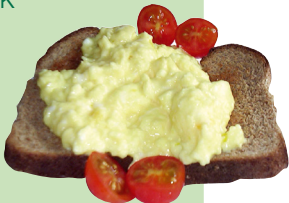



Nutritional Guidelines for Match Day

Preparation for a big game begins well in advance of kick-off. The day before a match, you should increase your energy (calorie) intake and ensure that you are well hydrated. On match day, the foods you eat should be familiar to you and contain lots of energy. Fuelling and hydrating well before, during and after matches is crucial in every player's preparation.

This fact sheet will give you suggestions of good food choices for match day - it's important to try your match day plan out in training so you know what works best for you.

Early Kick-Off (e.g. before 12noon)

With an early kick-off, your opportunities to fuel-up are limited. You should eat a high energy breakfast 3 - 4 hours before the match which should provide lots of carbohydrates and fluids. Use high energy, quickly digested carbohydrate foods 1 hour before the match to boost your energy levels.






MEAL	FOOD
Breakfast 	Choose two options: <ul style="list-style-type: none">• High fibre cereal with chopped banana, honey and milk• Scrambled eggs on whole grain toast with yogurt• High carbohydrate smoothie (see smoothie factsheet)• Porridge made on milk with honey and fruit• Ham omelette with toast• Pancakes, honey, banana and yogurt• Large pot low fat yogurt, glass fruit juice and handful dried fruit 
1 hour before match	Easily digested foods and fluids e.g. orange juice, cereal bars, sports drinks, white bread, banana, jam, honey, pancakes (see snack list fact sheet) 
During match	Isotonic sports drinks or diluted fruit squash or water. Half time - jelly babies, jaffa cakes, cereal bar, fluids
Recovery post match (within 1/2 hour of coming off field) 	Choose at least one option: <ul style="list-style-type: none">• 500mls flavoured milk drink (e.g. Yazoo, Avonmore) and cereal bar• White bread sandwich with ham or jam or peanut butter• 200mls of drinking yogurt and banana• 2 tubs of yogurt and handful of sultanas or raisins• Drink plenty of fluids during recovery  www.IrishRugby.ie

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Late Kick-Off (e.g. after 2pm)

As well as having a high carbohydrate breakfast, it is important that you manage to eat again before kick-off e.g. have breakfast at 8am and eat again at 11am if your kick-off is at 2pm.

MEAL	FOOD
<p>Breakfast</p> 	<p>Choose one option:</p> <ul style="list-style-type: none"> • High fibre cereal with chopped banana, honey and milk, glass of fruit juice • Scrambled eggs with 3-4 sliced whole grain toast, yogurt and dried fruit • High carbohydrate smoothie (see smoothie factsheet), pancakes with honey • Porridge made on milk with honey and fruit, high carbohydrate smoothie • Ham omelette with 3-4 slices wholegrain toast, large glass fruit juice • 3-4 slices toast, nutella, banana and glass of milk 
<p>Lunch (about 3 hours before kick-off)</p> 	<ul style="list-style-type: none"> • Large serve of high fibre carbohydrates i.e. brown pasta, basmati rice, potatoes, brown bread - whichever you find comfortable pre match • Team this up with meat and a low fat sauce e.g. spaghetti bolognaise, tuna and light mayonnaise, bacon and pasta sauce, chicken with low fat cheese • If you cannot eat foods before a match, take a high energy smoothie instead, but you need to practice eating
<p>During match</p>	<p>Isotonic sports drinks or diluted fruit squash or water. Half time - jelly babies, jaffa cakes, cereal bar, fluids</p>   
<p>Recovery post match (within 1/2 hour of coming off field)</p> 	<p>Choose at least one option:</p> <ul style="list-style-type: none"> • Pint skimmed milk • Pretzels/snack-a-jacks/home-made pasta pot and cereal bar • 200mls of drinking yogurt and banana • Bread sandwich with meat filling and fruit juice • Drink plenty of fluids during recovery 

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