



General nutrition advice for a tournament

Exactly how many kilocalories you burn depends partly on your gender, weight and the intensity of the game. So there is no general advice to give. This differs per person.

There are some studies in football that have been done on men. Football players do well not only to consume enough carbohydrates before a match, but also after the warm-up and at halftime. This is one of the recommendations of the UEFA expert team. This team recently published an extensive advisory report on the optimal nutrition for top football players.

Over the entire match day, football players consume an average of approximately 3500 kcal. During the competition, 60-70% of the energy comes from the combustion of carbohydrates. That is why it is important to work on a good supply of glycogen in muscles and liver the day before the competition. A football player does this by eating at least 6-8 g/kg body weight of carbohydrates during this day.

On match day, players are advised to consume a carbohydrate-rich meal (1-3 g/kg body weight) 3-4 hours before the match. It is also important to hydrate sufficiently. Football players can drink 5-7 ml/kg body weight 2-4 hours before the match.

The quantities mentioned in the below advice are averages and can be used as a guideline. Naturally, the energy and fluid requirements differ per individual. It is therefore wise to further refine the above advice per player by mapping out individual needs.

It is important that the menu is as healthy and varied.

And there should certainly be an option for vegetarians and vegans.

It is important that it also contains enough proteins.

Consider, for example, sufficient vegetables, possibly a protein-rich addition such as tofu. For vegetarians and vegans, it is important to pay close attention to how meals are prepared and that, for example, no chicken stock is used, but vegetable stock.

I would like to advise you to send this general advice and otherwise have a LOC make an example menu so that the medical committee can provide it with advice if necessary. It is also the question of what is available, for example.

General advice for a tournament:

Breakfast

Starting your day with a good breakfast is always good! This takes care for you to refill your fuel tank and have your energy ahead of you first match.

Breakfast with wholemeal bread topped with, for example, meat products, cheese or peanut butter and drink a cup of milk or drinking yoghurt. You you can also start your day with yogurt with muesli or a bowl of Brinta or oatmeal.

Snacking vs. having lunch

Because such a day of a tournament can take a long time and competitions sometimes following in quick succession you may not have that much time to spare extensive lunch. It is best to have many small, practical ones take things with you and spread the intake over the day, between matches.

Good "tournament food" is low in fat but high in carbohydrates.

#1. Eating carbohydrates throughout the day ensures make sure that your fuel tank is refilled at maximum speed and you prevent complaints of a full abdomen .If you eat less than 45 minutes before the match, not everything has been processed yet and you can eat during make the game feel full or even cause abdominal cramps. So make sure you are at least 45 minutes before the next game you have eaten something small.

Snack choise for example:

- ☒ Sandwiches with apple syrup, chicken fillet or jam.
- ☒ Pancakes
- ☒ Muesli bars
- ☒ Cereal biscuits
- ☒ Sultanas
- ☒ Evergreen.
- ☒ Fruit is also a good and fast fuel!

Drinks

Make sure you have enough to drink with you, or a water bottle / bottle which you can fill with water. You can have a bottle of sports drink with you, but make sure that it is 'isotonic' or is 'hypotonic', or contains less than 8g of sugar per 100ml. Very handy because with tournaments it is often warm, which ensures that you dry out faster and again result in loss of performance.

The lunch:

It is important to eat enough carbohydrates at lunch. And divide it in between the matches.

As an example:

4 Slices of bread Topped with lean meats, cheese or peanut butter.
Optionally topped with vegetables.

Four to five potatoes or serving spoons of pasta, rice or legumes, four serving spoons of vegetables, 100 grams of meat (replacement) or fish.

Two pieces of fruit, for example a banana for extra carbohydrates.

250-450 ml of milk or dairy products.

After the games:

To promote the recovery process, you can consume proteins after your workout. Because proteins support a rapid recovery of the muscles after training or competitions. The guidelines speak of 20 to 25 grams of protein after exercise. Proteins can be found in protein-rich foods such as cottage cheese with fruit, chicken, fish, eggs, beans or legumes.

The dinner:

A carbohydrate-rich meal two hours after exercise is recommended. Such a meal accelerates the production of new glycogen and also promotes the recovery of the body. As an example, a good meal could consist of:

- 50% slow sugars, which are the main sources of energy. So pasta, rice, bread, potatoes and grains.
- 30% fats with a good alternation between animal fats (butter, cream, cheese) and vegetable fats (oil, margarine).
- 20% protein. Just like on the field, you alternate, you provide variation. On the one hand you have the animal proteins (meat, milk, eggs) and on the other hand the vegetable proteins (lentils, beans, peas, soy).