

Longton RUFC – Nutritional Guidance



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Introduction

The key points

Let's get some key points across first:-

1. You **MUST** have breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner, and a protein drink supper.
2. You **MUST** have a protein drink 1 hour before any training sessions.
3. You **MUST** drink at least 2 litres of water a day (more if training).
4. You **MUST** be wary of what to eat for dinner in the evening.
5. You **MUST** not eat after dinner (with the exception of a protein drink before bed).
6. You **MUST** eat a variety of foods.



BREAKFAST

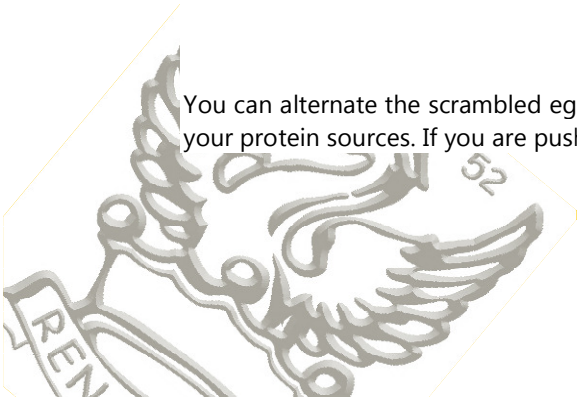
(eaten at least 1-2 hours before a morning session)

This is a very important meal which some players take too lightly. Please remember this meal is one which helps to replace the carbohydrates and protein you lose whilst sleeping.

Carbohydrate foods	Protein foods
Cereal	Scrambled eggs (2-3 whites to 1 yolk)
Toast	Baked beans
Fruit juice	Lean ham
Fresh fruit	Grilled bacon (no more than 2x a week)
Low fat yoghurt	Kippers
	Skimmed milk
	Low fat Yoghurt

Cereal and skimmed milk, fresh fruit juice, toast with scrambled egg (2 or 3 whites to 1 yolk) and baked beans or tomato and/or lean ham. Low fat yoghurt with fresh fruit of your choice.

You can alternate the scrambled egg with just baked beans or lean grilled bacon or kippers. These are your protein sources. If you are pushed for time, eat cereal and have a protein shake.



MID-MORNING SNACK

If you are training in the morning you must drink a protein shake 1 hour before your session. This will help prevent your muscle breaking down too much during the session. If the session is a fat burning or aerobic session only drink water during the training and no carbohydrate drinks.

If you are not doing a morning session then snack on a smoothie (1 pot of low fat yoghurt, a glass of skimmed milk and chopped fresh fruit of your choice. Liquidise in a blender). For eating, choose bananas or other fresh fruit or dried fruit such as raisins or apricots. Then drink 500 ml of water, avoid fizzy drinks, you can have tea or coffee with skimmed milk.



LUNCH

This meal may come straight after a morning training session and so you need to recover carbs and protein. If this meal is before an afternoon training session you need to be wary of eating too much.

Carbohydrate foods	Protein foods
Bread	Chicken or turkey (no skin)
Pasta	Fish
Potatoes	Low fat Yoghurt
Rice	Baked Beans
Steamed vegetables or salad	
Fruit juice	
Fresh fruit	
Low fat yoghurt	

Sandwiches, pasta or rice dish with chicken or fish are ideal or a baked potato with tuna and baked beans. The emphasis is on the bread, pasta, rice and potatoes for this meal. Eat a medium amount of chicken or fish with small-medium amounts of vegetables or salad.

Drink 500 ml of water.



MID-AFTERNOON SNACK

If you feel hungry, eat bananas and/or other fresh fruit or dried fruit. A Smoothie or protein shake is fine. Alternatives include unsalted nuts or sandwich with meat and salad or (sparingly) cheese and salad.

DINNER

(try not to eat after 7.30/8pm)

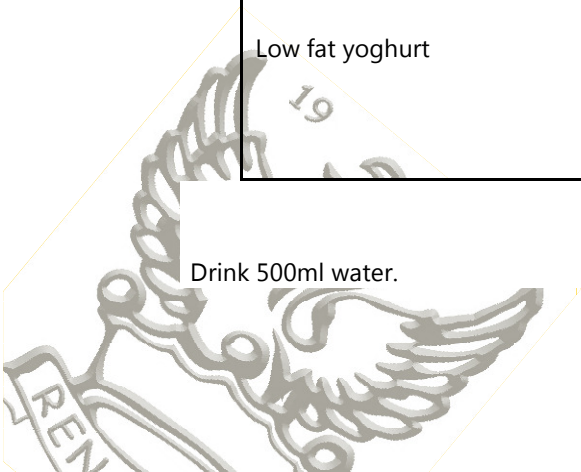
Be wary about this meal, since this is the meal that can increase your body fat!! Emphasis is on lots of fish or chicken or (2-3 times a week) lean grilled red meat. Lots of steamed or boiled vegetables (not potatoes) and salads.

You must avoid bread, rice, pasta, and potatoes during this meal or eat only a small portion.

Fill up with protein and vegetables/salad.

Carbohydrate foods	Protein foods
Steamed or boiled vegetables	Chicken or turkey (no skin)
Salad	Fish
Fruit juice	Lean red meat (grilled)
Fresh fruit	Low fat Yoghurt
Low fat yoghurt	

Drink 500ml water.



SUPPER

If you are hungry before bed, drink a protein shake (preferably casein rather than whey protein for this snack). No carbs for supper.

SUPPLEMENTS

Protein

There are two types of protein available – Whey Protein and Casein.

Whey Protein has a fast release of amino acids and is the drink to take 1 hour before your morning session and 1 hour before a match. It should also be taken after the second training session you do in the afternoon.

Casein is the bedtime protein because it provides a slow release of amino acids.

Carbohydrate

This is a high carbohydrate-providing recovery drink. It has 100g of carbohydrate and should be taken within 30 minutes after a match and after any training session where it is not possible to eat or drink enough carbs i.e. maybe after an afternoon session before going home.

Creatine/HMB

Normal daily intake of creatine should be about 3-5g a day. This must be taken with a high carb drink or high carb meal. So this means either having it at lunch with your pasta/rice meal (preferably) or with Precision Carbohydrate drink (maybe after the afternoon training).

If you have been off creatine for a month or more, then loading with creatine can be done over 5 days with four 5g doses a day taken at breakfast, lunch, mid-afternoon, and evening (with carb meals/drinks). When you do this you MUST drink plenty of fluid throughout these days.

Multivitamins/Minerals

If you wish, you may take a multivitamin tablet at breakfast. Do not exceed the dose because you can overdose on vitamin A if you take too much (and especially if you are also on antioxidants which may also contain vitaminA).

