



# NORTHEND UNITED YOUTH FOOTBALL CLUB Established 2003

## Nutrition For Players

For your son to perform well during Training and Matches, it is necessary that they build up the correct energy levels.

Energy levels are dependent on high quantities of stored carbohydrates (glycogen). To 'top up' before games, excellent high energy foods such as banana sandwiches, breakfast cereals or jam on toast could be used about 2 hours before training or kick off. Replace crisps and sweets with fruit, low fat yoghurts and cereal bars.

Listed below are some suggestions:-

### **BREAKFAST – Always eat a good breakfast. Choose From**

- Glass of fruit juice, milk, isotonic drinks or diluted orange, apple or blackcurrant.
- Breakfast cereal - Children often like very sugary breakfast cereals, try mixing in some wholegrain varieties and fresh or dried fruit to get a good mix of nutrients use semi-skimmed milk, add chopped banana
- Muesli Bars, low fat yoghurts or equivalent
- Bread/toast/pancakes etc with jam, honey or marmalade

**There are no special foods that are necessary for anyone who plays football. The amount of energy required will depend on their age and the time spent playing football plus whether the child is having a growth spurt. Eating and drinking correct foods/drinks may help them improve their training and their sport.**

**Please remember children will not be able to perform to their maximum if they are not properly nourished**