

A Professional Approach to Food & Nutrition

Acknowledgment: Many thanks to Luke Brennan for sharing his Food and Nutrition plan with TOP1

Basic recommendations from Dieticians & Nutritionists

1. Aim to exercise daily for 30mins – 1hr in addition to regular training at FFV Training Venues. Activities can include Walking, Exercise bike, Treadmill, etc.
2. Eat small amounts every 2-3hrs and drink at least 2lts water.
3. Choose slow release carbohydrates (low GI products) such as Basmati rice, Oats, Grain breads and Fruit.
4. Minimise alcohol intakes and fat products like butter and margarine.
5. Use “Good” fats such as Olive oil, Avocado or Plain nuts
6. Decrease food intake at night as the body does not process food as well while sleeping. Have larger meals during the day.

Suggested Daily Meal Plan	
Non match days	Pre Match & Training Day Meal Plan
<p>Breakfast:</p> <ul style="list-style-type: none"> • High fibre cereals like Vitabrits, Natural Muesli, Weetbix. • Low fat milk • Fruit • Toast with jam, honey, vegemite • Eggs on toast (on weekends) <p>Morning Tea:</p> <ul style="list-style-type: none"> • Yogurt • Fruit • Fruit & Nuts • Water <p>Lunch:</p> <ul style="list-style-type: none"> • Grain bread roll or sandwich with salad • Low fat cheese • Fillings like tuna or lean meat • Bake beans on toast • Pita bread wrap <p>Afternoon Tea:</p> <ul style="list-style-type: none"> • Yogurt • Fruit • Smoothie • Sustagen <p>Dinner:</p> <ul style="list-style-type: none"> • Protein focus • Lean meats • Skinless chicken • Fish • Carbohydrates should be approx 1 cup- potato, rice, pasta • Lots of vegetables 	<ol style="list-style-type: none"> 1. Eat approx 3hrs before exercise should have carbohydrate focus. <ul style="list-style-type: none"> • Bake beans on toast • Cereal • Sustagen • Smoothie 2. Hydrate during the day <ul style="list-style-type: none"> • Powerade • Gatorade • Water • Snakes or jelly type lollies 3. Mid training or half time <ul style="list-style-type: none"> • Sports drink • Water • Snakes etc. 4. Post Game is focused on recovery. The aim is to re-hydrate and replenish sugar levels. <ul style="list-style-type: none"> • Drink plenty • Sports drink • Water • Consume carbohydrates within 30mins of the end of a match • Snakes or jelly type lollies • Sandwich or roll with white bread • Enjoy a healthy meal when you arrive home. • Drink 2 glasses of water with meal.