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## **Nutrition for Soccer Referees**

### **Role of Nutrition in Sports Performance**

- Meet daily nutrition requirements
- Optimize growth and development
- Weight management- Body composition requirements
- Maximizing training sessions
- Enhancing competition performance
- Improving recovery and immune function
- Fluid and hydration
- Sports foods and supplements
- Travel nutrition

### **Game Day Fuelling**

- 'Top up' carbohydrate stores
- Pre competition meal = low fat, low GI carbohydrate and lean protein source
- Pre competition snack = low fat, carbohydrate based- high GI appropriate
- Feel comfortable and confident
- Remember fluids
- Always practice in training first- never try new foods/fluids on game day!

### **Glycaemic Index (GI)**

- Ranks carbohydrate foods based on its effect on blood sugar levels
- High GI = absorbed into bloodstream quickly
- Low GI = take longer to digest, more slowly absorbed into the blood- longer lasting energy

Use for Sport;

- Low GI- pre-exercise meal, can assist with weight maintenance
- High GI- pre-exercise snack, during and post if quick recovery is required
- For GI value of foods visit [www.glycemicindex.com](http://www.glycemicindex.com)



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## **Pre Exercise Suggestions**

### **2-4 hours prior to exercise**

- Pasta/rice with low fat pasta sauce
- Fruit salad with low fat yoghurt
- Meat and salad sandwich/roll
- Grain toast + jam/honey and fruit smoothie
- Cereal with low fat milk and fruit
- Lean meat, vegetables and noodle stir fry
- Liquid meal replacement i.e. Sustagen Sport

### **30-60 minutes prior to exercise**

- Sports drink
- Gel
- Cereal bar
- Fruit
- Jam/honey sandwich
- Rice crackers

## **Importance of Fluids**

- Limited opportunities to drink during a game
- Dehydration results in an increase in body temperature and reduced ability to dissipate heat
- Dehydration impacts on every aspect of physical and mental performance
- Common symptoms of dehydration include; headaches, nausea, dizziness, cramps

## **Guidelines for Hydration**

### **Day-to-day Hydration**

- Don't use thirst as an indicator of when to drink
- Carry a water bottle and drink "mouthfuls" often throughout the day
- Have a drink with every meal

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### **Pre and During Exercise Hydration**

- Aim for approximately 500ml in the hour before training or games
- During exercise- water and sports drink only
- Ensure fluids are kept cold
- Be aggressive during half time break in games
- Don't need to guess fluid loss- weigh yourself pre and post exercise
  - 1kg = 1L fluid
- Need to replace 150% of sweat lost i.e. 1kg = 1.5L
- Use of electrolytes in fluid and/or salty foods for heavy and 'salty' sweaters

### **Recovery Nutrition**

- Optimal recovery can enhance adaptations to training and help prepare for the next training session or game
  - Re-fuelling = Carbohydrate
  - Repairing muscle damage = Protein
  - Re-hydrating = Water and electrolytes
- Protect immune system
- Re-fuelling within 30 minutes of completing a 'key' training session or game is of greater importance when there is less than 8 hours between sessions/games.
- Highest rates of muscle glycogen storage occur during 1<sup>st</sup> hour post exercise

### **Fuelling Between Games**

- <30 minutes- Water and sports drink, gel, lollies
- 30-60 minutes- Water and sports drink and small carbohydrate based snack i.e. fresh fruit, low fat cereal bar, white bread/pikelet + jam/honey
- 1-2 hours- Fluids (water, sports drink, liquid meal replacement) and a more substantial snack i.e. sandwich with a small amount of filling, Sushi or 2 small carbohydrate based snacks
- 2+ hours- Fluids (water, sports drink, soft drink, low fat milk drink) and a more substantial meal i.e. meat and salad roll, pasta/noodle dish + fruit/yoghurt