

Nutrition Considerations for AFL



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Common Nutrition Issues

- **Body weight**
- **The training diet**
- **Match Preparation & Recovery**
- **Alcohol Intake & Injury**



Body Weight

- Dietary Habits
- Balance
- Understanding Nutrition Composition
 - Carbohydrates
 - Protein



**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**



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Training Diet

- High in nutritious carbohydrates
- Moderate in protein foods
- Low in fats
- Mindful of over-eating and eating for boredom



Match Day

- Pre-Game
 - High carbohydrate and low-fat meals
 - Larger meal 3-4 hours before a game, small snack top up and fluid
 - Good Choices include:
 - Breakfast cereal
 - Sandwiches
 - White bread
 - Pasta
 - Low Fat Muffins
 - Fruit
 - Liquid meal supplements (e.g. Sustagen Sport)



Recovery

How can pizza be a recovery food?

- **We are not talking about an average run of the mill Dominos**
 - The pizzas are especially designed and are low fat with higher quality ingredients, healthy toppings and carefully selected to ensure players optimal recover
 - By composition: Pizzas are a good source of carbohydrate, plus proteins and because of the sweat lost during the game are a good source of salt. A bit of salt post game is quite a good thing and helps promote hydration.



Recovery

- Carbohydrates
- High quality proteins



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Alcohol Intake & Injury

- Football is often associated with having a few drinks after the game
- There is not much of an issue with having **an** alcoholic beverage after a game
 - **But hydrate first with water and other fluids**
 - **Follow up with recovery strategies**
 - **Alcohol can exacerbate injury**
 - **Alcohol can contribute to weight gain**

