

How to present the Nutrition
Material to the younger player?
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Younger players

- Primary aim is to develop healthy habits.
- Adequate energy during childhood and adolescence is vital to support normal growth as well as providing the extra energy needs of training.

DIET

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Factors Affecting Diet: Age

- Personal choice
- Access
- Dependence on others
- Younger players maybe too immature to see benefits.
- Older players may have been good / bad role models.

Factors Affecting Diet: Education and Knowledge

- Awareness of the role of diet by the athlete.
- Awareness of the role of diet by the management team.
- Quick fixes don't work
- Willingness to take advice and make changes.
- For most athletes only small changes are needed

Factors Affecting Diet: Training and competition

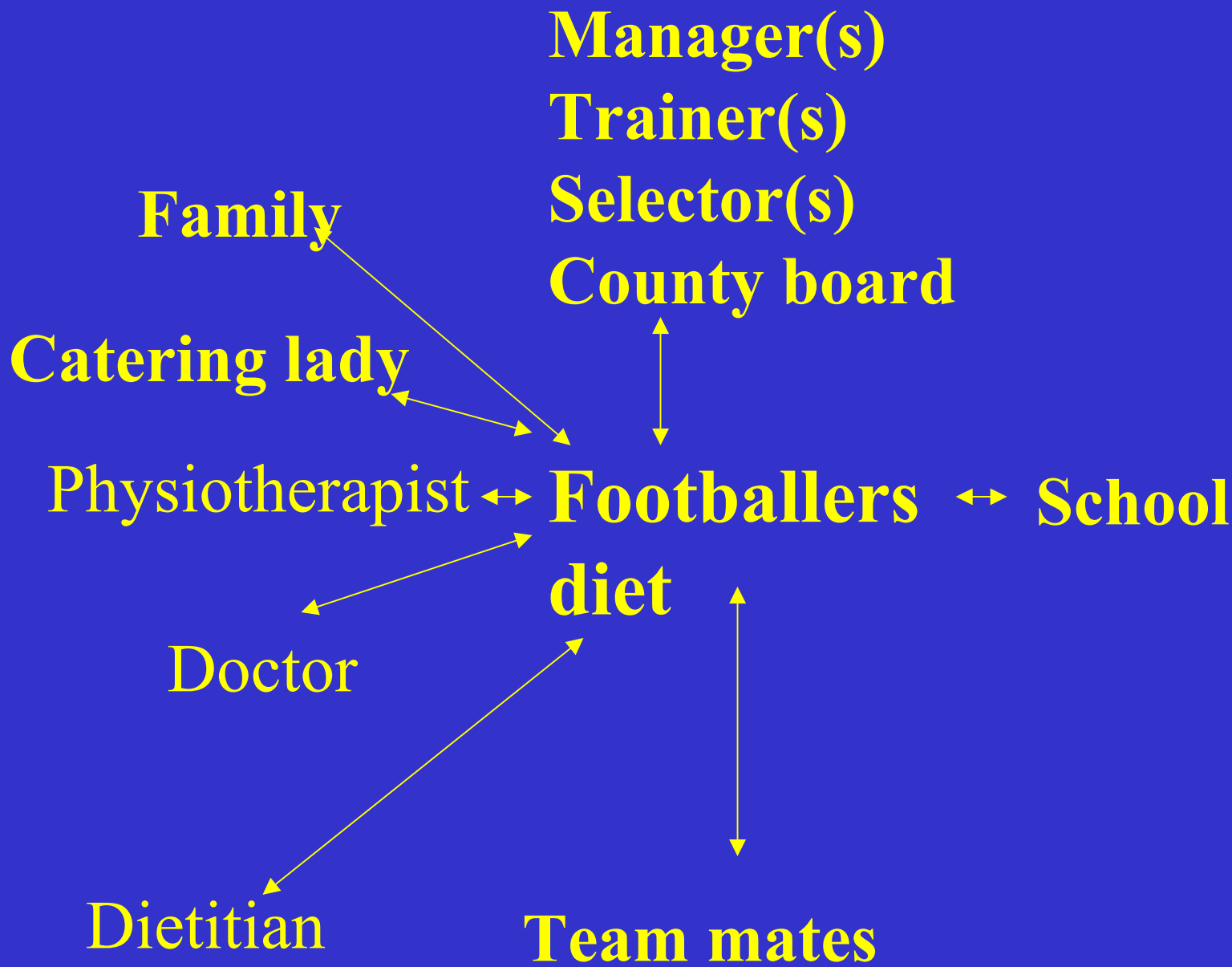
- Intensity
- Frequency
- Access to food and fluids during training and matches
- Preparation for training, travel and competition

Factors Affecting Diet: Support

- Club
- Management team
- County Board
- Family / teachers

Individuals who can affect young footballers diet

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Footballers diet

- Manager, coaches, trainers and teachers can include diet as a focus in team talks along with other issues.
- Key in the recovery process.
- Don't focus on quick fixes.

Footballers diet

- If someone gets injured on the pitch they should access drinks. Players around him / her should use it as an opportunity to access fluids.
- Other players on the side should get drinks to other players. Needs to be planned and practiced!!

Footballers diet

- Catering should provide suitable meals and snacks if available.
- Match analysis may highlight problems dehydration, fatigue.

Key nutritional issues

- Replacing fluid
- Replacing carbohydrates
- Adequate protein
- Timing
- Player preferences
- Habit

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Carbohydrates: How much?

- No exact figures available for younger players. Its based on adult requirements.
- 1g per kg of body weight within 30mins – 2 hours after training or competition.
- 6-10g per kg over a day.
- 65kg player needs approx. 390g Carbohydrates per day.
- Most players are not achieving this.

Protein

- Adequate protein is important
- Protein essential for growth and repair
- Children do have an increased requirement compared to adults.
- As well as meat, cereals, milk, cheese, yoghurts are good sources.

Preparation

- Players should have access to suitable snacks and drinks at all times.
- This requires planning and preparation by players and coaches.
- Habits will only be changed in the long term.

Preparation

- Meal timings: min 2 hours prior to match.
- Players should not arrive on match day without breakfast.
- Think about where players will access foods after match. Tell them to bring sandwiches, rolls, stop in shops rather than chip shops.
- Once a routine is established: stick with it.

snacks ideas

Dried fruit eg currants, apricots

Fruit loaf, scones, muffins

Sandwiches, rolls, pitta bread

Fruit eg apples, bananas

Biscuits eg digestive, fig rolls, jaffa cakes

Sweets eg jelly babies, fruit gums, pastilles

Fruit juices, squash, sports drinks

Cereal bars

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- Protein requirements are higher (1.2 – 2g /kg body weight / day).
- Increased carbohydrate intakes may lead to poor dental health. Role for sugar free chewing gum, milk drinks and awareness.
- Need to be aware of the risk of low mineral & vitamin intakes (Iron, calcium, zinc).
- Adequate fluid intake is also necessary.

- Children and adolescents should be encouraged at an early age by parents and coaches to adopt healthy dietary practices.
- It is easier to establish healthy habits during childhood than later in life.
- Important to understand differences in the eating habits of boys and girls.
- Body image and weight can be an issue. Focus on sporting performance rather than size.
- A positive approach and positive reinforcement works well.

- Tips for improved dental hygiene:
 - Brush and floss teeth regularly
 - Drink high CHO drinks from a squeeze bottle or use a straw.
 - Chew sugar free gum
 - Drink drinks chilled
 - Drink water after eating between meals to rinse the mouth.

- Adolescents appear to obtain the majority of food and nutrition information from parents, TV, and the school environment.
 - Use examples from magazines and papers to show famous athletes following dietary practices (drinking and eating).
- Teachers and doctors were twice as likely to be information sources than dietitians.
- Therefore it is important that these sources are reliable.
- Cookery lessons, sessions are available from various sources.

Putting it **all together** ...

- ✓ **Good variety in food choice**
- ✓ **When energy requirements are high, it is easier to eat smaller amounts more often**
- ✓ **Plan the timing of food and fluid intake to fit around training and competition**
- ✓ **Practice new dietary habits before trying them out in competition or matches.**