



FEMALE FOOTBALL NUTRITION NETWORK



NUTRITION BASICS



FEMALE FOOTBALL NUTRITION NETWORK

BUILDING YOUR FOOD PLATE FOR FOOTBALL

With every meal, aim to consume:

PROTEIN

To **repair** and
build **muscle**



CARBOHYDRATES

To provide **fuel**
to the muscles
and brain



FRUITS OR VEGETABLES & HEALTHY FATS

To **fuel** and
protect you
from illness



FLUIDS

To stay **hydrated**
and prevent drops
in performance





FEMALE FOOTBALL NUTRITION NETWORK

PERFORMANCE PLATES FOR FOOTBALL

HARD TRAINING/MATCH



PROTEIN: **25%**
CARBOHYDRATES: **50%**
COLOURS & FATS: **25%**

MODERATE TRAINING



PROTEIN: **25%**
CARBOHYDRATES: **35%**
COLOURS & FATS: **40%**

LIGHT TRAINING/REST



PROTEIN: **25%**
CARBOHYDRATES: **25%**
COLOURS & FATS: **50%**

You can work out your portion sizes for meals based on your body weight and training intensity.

Follow these steps to guide your meal preparation:

1

WORK OUT YOUR
BODY WEIGHT

2

CHOOSE YOUR
TRAINING INTENSITY

3

CALCULATE YOUR
PORTION SIZE

Using a set of scales:

- Weigh yourself first thing in the morning before consuming any food or drink
- Weigh yourself naked
- Weigh yourself after going to the toilet
- Weigh yourself on a hard, flat surface
- Weigh yourself at a similar time for each weigh-in



HARD TRAINING/MATCH

PROTEIN: 25%
CARBOHYDRATES: 50%
COLOURS & FATS: 25%



MODERATE TRAINING DAY

PROTEIN: 25%
CARBOHYDRATES: 35%
COLOURS & FATS: 40%



LIGHT TRAINING OR REST DAY

PROTEIN: 25%
CARBOHYDRATES: 25%
COLOURS & FATS: 50%

	<75kg	75-100kg	100kg+
PROTEIN	1 portion	1.5 portions	2 portions
CARBOHYDRATES	2 portions	3 portions	4 portions
FATS	1 portion	1.5 portions	2 portions

	<75kg	75-100kg	100kg+
PROTEIN	1 portion	1.5 portions	2 portions
CARBOHYDRATES	1 portion	1.5 portions	2 portions
FATS	1 portion	1.5 portions	2 portions

	<75kg	75-100kg	100kg+
PROTEIN	1 portion	1.5 portions	2 portions
CARBOHYDRATES	0.5 portions	0.5-1 portion	1 portion
FATS	1 portion	1.5 portions	2 portions



A single portion of protein is equivalent to your palm



A single portion of carbohydrates is equivalent to 1 cupped handful



A single portion of fat is equivalent to your thumb



A single portion of fruit is equivalent to 1 handful



A single portion of vegetables is equivalent to 2 handfuls

PROTEIN

REPAIR AND GROWTH

Protein is essential to support **growth** and allows **repair of muscles** following training and matches.

Muscle mass plays a key role in football performance. Your **muscles support the different movements** you make during a game, including sprinting, tackling, passing, heading, shooting and holding the ball.

From a performance perspective, maintaining or increasing muscle mass will allow you to improve these aspects of your game, and make you a better player. Thus, **ensuring adequate protein in the diet will allow you to improve your performance.** In the absence of protein in the diet, you will experience a reduction in muscle mass, which could negatively affect your performance.



COMPLETE PROTEINS

FROM ANIMAL SOURCES



Chicken



Milk



Eggs



Yogurt



Beef



Soya (Eg. tofu)



Fish



Quinoa

Complete proteins (from animal sources) contain all of the 'amino acids' in adequate amounts essential for building and repairing muscle.

INCOMPLETE PROTEINS

FROM PLANT SOURCES



Beans



Grains



Chick peas



Flour



Lentils



Peas



Nuts



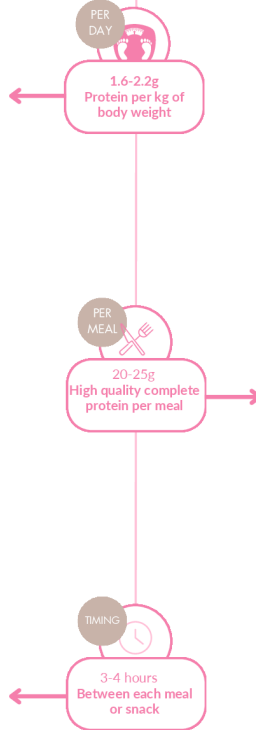
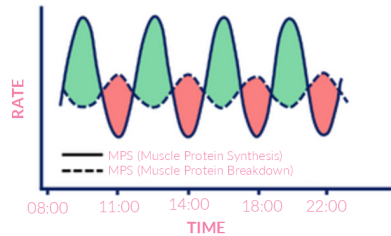
Nut butter

Incomplete proteins (from plant sources) do not contain all of the amino acids in adequate amounts essential for building and repairing muscle. Focus on eating a variety of these foods to get adequate amounts.



FEMALE FOOTBALL NUTRITION NETWORK

BODY WEIGHT	PROTEIN INTAKE
50kg	80-110g
60kg	96-132g
70kg	112-154g
80kg	128-176g
90kg	144-198g



1 Salmon Fillet



1 Chicken Breast



1 Beef Steak



3 Medium Eggs



1 1/2 Pints Milk



1 Large Pot Greek Yogurt



1 Block Tofu



1 Tin of Tuna

PROTEIN

REPAIR AND GROWTH

Sleep is a natural process that aids the recovery and repair of muscles. However, it also presents a time where nutrient intake is low or absent (Figure 2).

To combat this, players should aim to consume **30-60g protein prior to sleep**, which will help to improve muscle recovery. Ideally, this should come from foods containing casein protein. Casein is found naturally in dairy products, such as milk, Greek yoghurt and cottage cheese, as well as in casein protein powder supplements, often labelled as 'overnight protein'.

Casein protein is digested slowly, meaning that it can support muscle repair over a longer time period, such as overnight sleep (Figure 3).

30g CASEIN PROTEIN EXAMPLES



~350g



~350g



1 1/2 Pints



1 Scoop

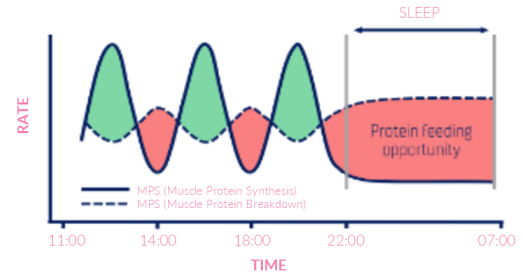


Figure 2 - 'Protein pulsing' throughout the day, ensuring **protein intake every 3-4 hours**. This figure shows a **missed protein feeding opportunity before sleep (22:00)**, leading to a prolonged period of muscle protein breakdown, **reducing muscle recovery**.

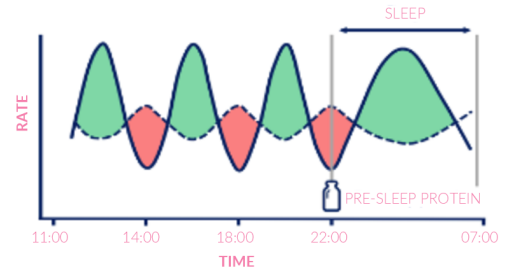


Figure 3 - 'Protein pulsing' throughout the day, ensuring **protein intake every 3-4 hours**. This figure shows that pre-sleep protein (22:00) increases muscle protein synthesis, **improving muscle recovery**.

CARBOHYDRATES

ENERGY FOR EXERCISE

Carbohydrates are your body's **primary source of energy** for high-intensity exercise, making them a key part of your daily eating for football. The amount of **energy you use will vary based on the intensity/duration** of each training session.

One exception: on some rest days **after high intensity training or competition, your carbohydrate intake will be higher** where the goal is to replenish the energy used.

Eat a combination of **high to low GI carbohydrates**. High GI carbohydrates may be more practical to eat as snacks around training/competition as they can supply energy to fuel your muscles quicker than low GI carbohydrates.



HIGH TRANS FAT FOODS

LIMIT INTAKE



Cookies



Pizza



Burgers



Pastries



Fried Chicken



Fries

HIGH SATURATED FAT FOODS

FAT IN MODERATION



Beef



Bacon



Cheese



Coconut Oil



Butter



Salami



Hotdogs



Chocolate

UNSATURATED FATS

EAT OFTEN



Avocado



Dilly Fish



Olive Oil



Seeds



Nuts



Nut Butter



Olives



FEMALE FOOTBALL NUTRITION NETWORK

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