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### Nutrition

It is important for players to have chosen adequate nutritional practices during training so as to prepare you for a game situation. Adequate nutrition is imperative for preparation, recovery and optimal performance.

### Fuelling

Carbohydrates are the fuel of choice for the brain and muscles. It enhances the uptake of protein and supports immune function. Carbohydrates are important for muscle recovery and are necessary to enhance performance for the next session. Carbohydrates should be monitored depending on workload. The lower order batsman on the day will need less than the opening bowler on the fielding team. Primary carbohydrates to fuel your self are listed below:

Breads and cereals	Rice, pasta, noodles, cous cous
Breakfast cereals	Starchy vegetables
Toast	Potato
Crumpets	Sweet Potato
Raisin toast	Corn
Muesli Bars	Baked beans
Crackers, sport food/drinks, sports gels	Fruit and fruit juice – strawberries, rock melon and passion fruit
Low fat muffins	All dairy with the exception of cheese



It is important to spread meals out over the course of the day so as your body has energy ready to help you perform.

Below is a fuelling an example of a fuelling summary for a 17 year old going to school and where other sports as well as training are involved.

Pre training fuelling early morning – 1 up and go or sustagen sport

Breakfast- 2 cups of cereal and fruit, juice, low fat milk and toast with vegemite

Mid-morning –fruit, low fat yogurt, grainy crackers (this will add some protein for the day)

Lunch – 1-2 lean meat sandwiches and salad (2 x sandwiches if you have afternoon sport), healthy snack like yogurt, fruit and crackers

Afternoon Snack- crumpets with jam, honey and vegemite + banana smoothie with low fat milk

Dinner – 200-250 g lean meat, 1/3 plate rice/pasta/cous cous/starchy vegetables, 1/3 plate salad/non starchy vegetables

Supper – small bowl of fruit and low fat custard

For older athletes trying to reduce skin folds it is important to include more protein such as whey protein and less starchy carbohydrates in the daily diet, drink lots of water and eat lots of low carb fruits such as rockmelon, kiwifruit, strawberries and passionfruit.

## **Protein**

Protein is used to maintain, repair and grow lean muscle tissue. It leaves us feeling full and prevents over consumption. As part of the recovery process (within 30 minutes) it is vital to consume protein to assist your body with tissue repair after breakdown that occurs during training and playing.



Red meat/white meat/Fish	Eggs/Nuts
Milk/Custard, Yogurt/Cheese	Legumes and lentils including baked beans

Most mid meal snacks don't include protein which is necessary your bodies recovery, particularly post training. For the large majority 15 – 25 g of protein needed. Below are some snack options containing adequate protein.

2 slices reduced fat cheese on crackers	1 glass of low fat milk
Plain fruit smoothie/up and go	Flavoured milk/milkshakes
200g reduced fat yogurt	Cup of cereal with low fat milk
Small can of beans on toast	Multigrain wrap with lean meat and salad
Ham and cheese muffin (low fat)	Tuna on crackers

On certain days it may suit the individual to have 3 main meals a day, on the other hand during game situations and school regular snacks may be more suitable. Which- ever pattern is used it is important to include fuelling/recovery options directly around training and game sessions to gain the most benefit and hence enhance performance.

### **Acknowledgement**

The information provided above has been sourced from the Sports Medicine and Science Players Handbook from Cricket NSW 2011. For further information please see the full text.

