Nutrition

Please see below for some typical nutrition guidelines but also refer to the NHS guidelines on food and drinks for sport for the most up to date information. If you are prone to allergic reactions and food intolerances please find suitable advice relating to your condition and speak to your GP.

1. Have a good breakfast

Good choices include yoghurt, dried fruit, plain nuts, milk, smoothie, fruit juice, fresh fruit, flavoured low fat milkshake (no protein shakes), water

2. Tips for hydration

Drink small amounts frequently and only drink when you feel it can be tolerated.

No fizzy drinks such as coke, fanta, and sprite as they can be detrimental to hydration.

3. Lunch

Chicken, fish, eggs, soup, boiled rice, pasta, wholegrain bread, salad, fresh fruit, yoghurt, fresh fruit juice, water.

4. Dinner

Chicken, fish, eggs, soup, pork, beef, vegetables ,salad, baked beans, other beans, pasta, potatoes.

5. Snacks (top-up and for recovery)

Use high protein, low fat, carbohydrates others listed for breakfast.

Further information

If you have any questions about this document, please contact Pembrokeshire Schools Football Association via **info@pembrokeshiresfa.co.uk** or through the contact page at www.pembrokeshiresfa.co.uk.