



# **BEST PRACTICE GUIDELINES** **DIET & NUTRITION**



## **Diet and Nutrition**

Pre-match & pre-training diets should avoid fats and concentrated glucose drinks which are slow to leave the stomach and so are not recommended 2-3 hours before vigorous activity (e.g. cornflakes, pasta or potatoes would be beneficial)

It is important when training in the evening to have eaten something since lunch (particularly children), normally a light snack (e.g. sandwich, cereal bar etc.) will suffice.

Diet is a study in itself and coaches should encourage where necessary for parents/players to consult an expert.