



Dublin Camogie

“Nutrition Factsheet”

Proper nutrition is essential for you to achieve their potential and to perform at your best. It can help delay fatigue, improve skill and concentration, and prevent injury and illness.

Eating & Drinking the **right** foods/drinks at the **right** time:

1. Provides & maintains **energy** supply to working muscles.
2. Promotes tissue adaptation, **growth & repair**.
3. Maintains & promotes **immune function** to stay well.
4. **Refuels & Rehydrates** body stores adequately between sessions.

Nutrition Before sessions

- What you eat before exercise will affect your performance, strength & endurance.
- Recommend to eat a meal **2-3 hrs** prior to playing.

- Pre-exercise meal checklist:

- ✓ High in CHO
- ✓ Low in fat
- ✓ Low or moderate fibre
- ✓ Easy to digest
- ✓ Not too spicy or salty
- ✓ Familiar & enjoyable
- ✓ **Always include fluid:** 400 – 600 ml in the 2 hrs before exercise!

- Examples of suitable pre-session food:

- Sandwiches or rolls with tuna/ham/cheese/chicken
- Baked potato with low fat filling & fruit
- Porridge with low-fat milk & honey/fruit.
- Breakfast cereal with low-fat milk & fruit juice
- Toast with low-fat spread & jam/honey/syrup
- Pasta with tomato based sauce
- Smoothie made with low-fat milk, yoghurt & fruit
- Low fat yoghurt & fruit
- Cereal & low fat milk
- Yoghurt drink, scone low fat spread
- Low fat creamed rice & dried fruit
- Pita bread with Chopped banana
- Vegetable Soup & Bread Roll

Nutrition During Sessions

- Requirements depend on the **type, length & intensity** of the session in addition to **environmental conditions & individual variations**.
- General recommendation: ~150 - 200 ml every 10 - 15 minutes
- Suitable drinks
 - Water
 - Isotonic Sports Drinks
 - Homemade Carbohydrate-Salt Solutions





Recovery Nutrition

- Recovery strategies between sessions & matches are important to sustain a high level of performance in training & competitions
- Aims of recovery are to
 - Refuel body stores
 - Repair & grow muscle tissues
 - Rehydrate!
- After a session/match
 - Consume **fluid immediately**
 - Eat within 30 minutes
 - If travelling home takes > 30 minutes eat a small snack (e.g. Banana/Dried Fruit/Yoghurt Drink) straight after followed by a meal within 2hrs
- Examples of Suitable post exercise meals/snacks include:
 - Sandwich or roll with tuna/ham/cheese/chicken
 - Cereal bar & Milk
 - Bowl of Cereal, low fat milk & fruit
 - Spaghetti/Beans on Toast
 - Low-fat yoghurt/yogurt drink & banana
 - Homemade Fruit Smoothie
 - Meal based on a starchy carbohydrate food e.g. spaghetti bolognese/tuna pasta/chicken rice dish

Fluid

- Dehydration causes decreased concentration, cramps, headaches & fatigue which all have a negative effect on performance.
- To stay well hydrated drink plenty of fluids throughout the day (~2 Litres/day).
- Thirst is not a good indicator of hydration status so make a constant effort to consume fluids.

Summary

- Eating a health balanced diet including a variety of foods including plenty of fruit & vegetables will ensure you meet all nutrient requirements for maintenance of health.
- Applying specific strategies around training & matches will help maximise performance:
 - Timing & composition of meals/snacks need to be determined on an individual basis.
 - Ensure you know what works best for you by experimenting with new foods/drinks around training sessions.
 - Plan ahead to ensure you have access to these foods/drinks at the appropriate time before/during/after sessions & matches.