

**THE FOLLOWING TABLE IS A GUIDE ON WHAT TO EAT BEFORE, DURING AND AFTER TRAINING & GAMES.**

**PRE-GAME MEAL**

A high carbohydrate meal **3 -4 hours prior**

*Examples:*

*Wrap or sandwich with chicken and salad*

*Muesli with yoghurt and berries*

*Pasta with chicken and a tomato based sauce*

*Soup served with bread*

*Stir-fry with noodles or rice*

*Sushi*

*Milk based smoothie*

**PRE-GAME SNACK**

A rich carbohydrate snack low in fat and fibre so it is easy to digest. This should be had **1-2 hours prior** to the game to top up energy stores

*Examples:*

*Yoghurt with fruit salad*

*Banana and a handful of almonds*

*Peanut butter on rice cakes*

*Toast with vegemite*

**DURING NETBALL**

Water to sustain hydration - may require an additional snack

*Examples:*

*Water*

*Hydrolyte*

*Fruit*

*Muesli bar*

**RECOVERY**

Recovery meals and snacks should contain carbohydrates, protein and plenty of fluids within **30 minutes post game**

*Examples:*

*Wholemeal egg and salad sandwich*

*Smoothie*

*Chicken and vegetables risotto*

*Rice or pasta based meal*

**Other Nutrition Tips**

**Be organised** - Players should have snacks ready to go with them as it can be difficult to rely on clubs to provide appropriate choices.

**Iron Levels** - Some players may have problems with low iron levels, especially females or those who limit red meat in their diet. Iron levels should be checked regularly during heavy training or if fatigue levels are unusual.

**Everyday goals** - The examples are not just netball foods, but everyday healthy options for effective functioning of the body.

***For any individual diet questions or concerns seek professional help from an accredited Dietitian***



***Making the healthy choice the easy choice***

[www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)

[www.coastsport.com.au/nutrition-for-netball/](http://www.coastsport.com.au/nutrition-for-netball/)



**FUELLING FOR NETBALL**

**YOUR EASY TO FOLLOW GUIDE**

When playing netball it is important to consider how we fuel for games for those consistent high levels of performance. Nutrition is not only important for how we play but how we train and recover during the week.

At all levels of netball, the body's anaerobic and aerobic systems are fired up, requiring players to demonstrate speed, agility, strength, endurance and reaction time. The food we eat must provide fuel to the working muscles, along with nutrients for our bodies to grow, recover and function normally. Choosing the correct types of fuel for training and games is vital for a fit, healthy netball player.

However, keep in mind exact requirements differ on each player and their positions.

## NUTRITION

### Training Diet

A generally healthy eating pattern helps to support the needs of a fit and energetic netball player. Nutrition should be based around lean proteins for muscle repair and recovery and carbohydrates appropriately timed for fuel. In addition fruit, vegetables, nuts, seeds and wholegrains provide important vitamins and minerals, along with healthy fats. The timing of when you eat is key to success. Adjusting portions and spacing meals and snacks throughout the day can improve nutrient absorption and help with meeting fuelling and recovery goals.

### Eating before competition

It is important to start games well fuelled. Each athlete is different, but players will often eat a pre game meal around 3 to 4 hours before the start of a match. This meal should contain some carbohydrate for fuel as well as some fluids for hydration. A small amount of protein in the pre game meal is also useful, as it can help to prevent hunger during the game.

### Recovery

Recovery nutrition has three important aspects:  
**Refuel muscle glycogen** - carbohydrate stores  
**Repair muscle** - for function and development  
**Rehydrate** - replace fluids lost through sweat

A recovery meal or snack should be consumed soon after exercise, remembering that recovery nutrition extends well beyond the initial hours post game. Fluids should also be consumed, based on estimated loss.

### Fluid Intake

Netball is a fast moving game that requires high-intensity running, fast decision making and skilful ball handling. It has been shown that dehydration can negatively impact performance. In order to stay hydrated, players should drink fluids before, during and after training and matches. Body fluid needs will depend on individual fluid losses, which vary depending on individuals sweat rate.

The aim is to start any exercise or competition well hydrated. This requires drinking regularly throughout the day leading up to the competition.

