

FUELLING FOR FUTSAL

PROTEIN SHAKES, GATORADE AND PRE-TRAINING NUTRITION ARE ALL FUN AND GAMES UNTIL YOU REALISE YOUR BASELINE DIET IS THE REASON FOR YOUR POOR ENERGY AND PERFORMANCE

While we often get a lot more excited about the latest supplement or pre-game regime, it's vital to know that these specific strategies will only provide very small benefits on game day. It has become overwhelmingly evident that what we eat day-to-day has the greatest impact on our energy, performance and recovery.

WHAT CAN AN OPTIMAL DIET DO?

- Help prevent feeling fatigued or 'flat'
- Allow you to run faster for longer
- Reduce soreness, cramps and headaches
- Support muscle building, strength and power
- Stay mentally sharp and make quick decisions

WHAT DOES THIS LOOK LIKE?

- Eating enough energy and nutrients for your needs
- Choosing a variety of colourful veggies and fruit
- Enjoying a variety of foods including, lean meats, tofu, wholegrains, dairy, nuts & seeds, vegetables and fruit
- Opting for mostly whole foods
- Minimising processed foods
- Consuming more carbohydrates on higher training days

WHAT CAN YOU DO NOW TO OPTIMISE PERFORMANCE?

Check out the athletes plate below to easily understand what your diet should look like

Still not sure? Get in touch with an Inspire Dietitian
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HOW DO I KNOW MY DIET ISN'T CRASH HOT?

- Headaches after games
- Feeling more tired than expected
- Decreased performance
- Higher perceived effort
- Muscle soreness
- Recurrent injuries



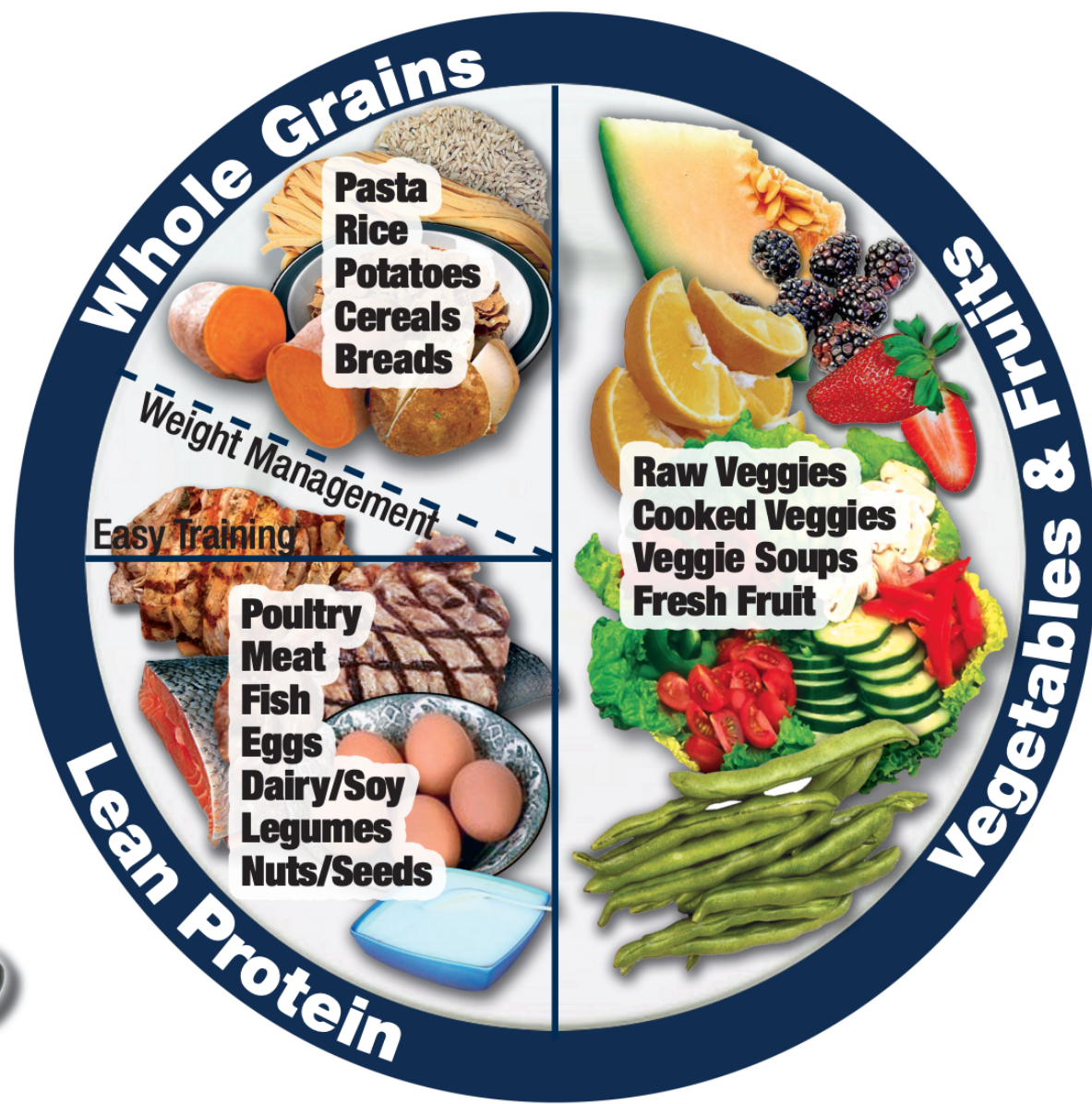
EASY TRAINING DAY

FATS

1-3 Teaspoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



EXAMPLE DAY

BREAKFAST

Oats with milk and fruit

MORNING TEA

Yoghurt + roasted chickpeas

LUNCH

Chicken and salad on bread roll with avocado

AFTERNOON TEA

Fruit

PRE-TRAINING

Muesli bar

DINNER

Tofu curry with vegetables and brown rice

DESSERT

2 x squares dark chocolate



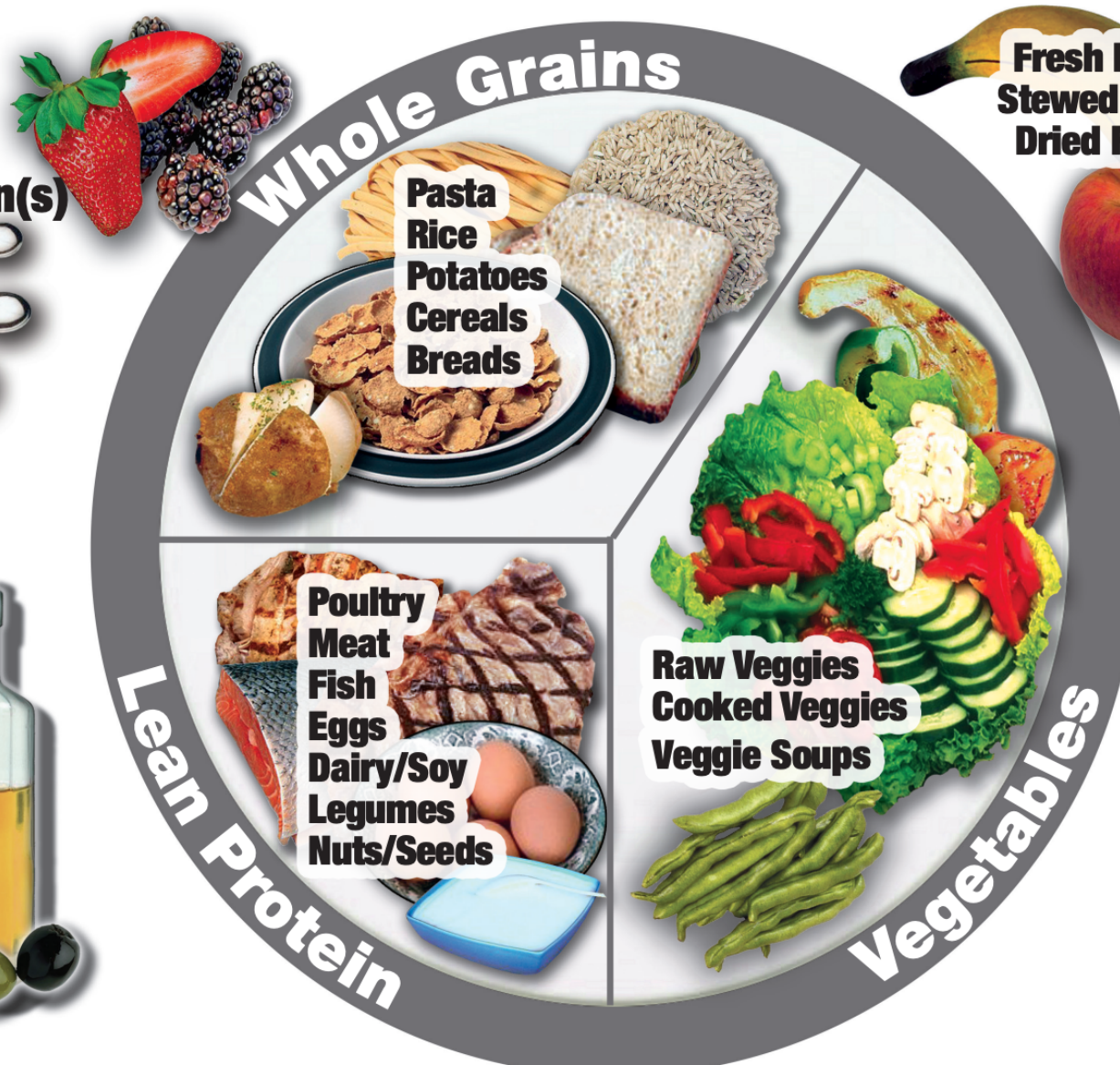
MODERATE TRAINING DAY

FATS

1-2 Tablespoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Still not sure? For individualised advice on optimising your day-to-day nutrition, get in touch with an Inspire Dietitian
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