



NOTTINGHAMSHIRE
COUNTY CRICKET CLUB

NUTRITION FOR CRICKET



4 KEY COMPONENTS

- Go
- Grow
- Hydrate
- Health



GO

- Carbohydrate is your predominant fuel to provide energy (GO FOODS).
- These foods are particularly important at breakfast.
- The general nature of a cricket match (long duration, low intensity) means that you should be fueling your body with slow release, rather than fast release carbohydrates.
- Slow release carbohydrates, with a low glycemic index, provide a sustained energy release over a longer period of time. Here are a few examples: PASTA, PORRIDGE, ROOT VEGETABLES, RICE, TORTILLA WRAPS, WHOLEMEAL BREAD.





GO

- Fast release carbohydrates, with a high glycemic index, provide a quick source of energy, however if this energy is not used immediately then the body will store the energy as fat. This is because they have a high sugar content. Here are a few examples of these types of food: CAKES, BISCUITS, SWEETS, CEREAL, FRUIT BARS.
- Carbohydrate intake can be adjusted depending on what exercise you are going to do (intensity, duration, type).
- Under consumption of carbohydrate prior to exercise, puts the body at risk of injury or illness.





GO

- Healthy fats provide energy and aid in cognition, which is very important in cricket when learning new skills and trying to focus.
- Fats can be used as an energy source.
- Fats enable absorption of vitamins (A, D, E, K).
- Fats provide insulation and protect vital organs.
- DANGER! Fats are calorific, so careful not to overconsume as may increase body weight.
- Healthy fats: oily fish (salmon and mackerel), milk, natural/Greek yoghurt, nuts, avocado, hummus, egg yolk, natural cheese.





GROW

- Protein triggers our bodies to repair and grow!
- This is important for recovery and adaptations from training.
- These foods are particularly important after cricket matches/training.
- Children and adolescents need more protein to enable growth and development.
- Strenuous exercise also increases protein needs.
- Good sources of protein at each meal time, spread throughout the day enables growth and repair and fullness.
- Here are some good examples: FISH, LEAN MEAT (BEEF, PORK, CHICKEN), EGGS, BEANS, PULSES, MILK, NATURAL/GREEK YOGHURT, LENTILS, NUTS, SEEDS, NUT BUTTERS.





HEALTH

- Fruit and vegetables are important throughout the day to provide vitamins, minerals and antioxidants.
- 6-8 portions every day!
- A quick tip to ensure that you are getting enough is to ensure you have lots of different colours on your plate at every meal.
- Always better to ingest vitamins and minerals from whole foods rather than supplements as fibre is required for gut and digestive health.





BONE HEALTH

- Calcium is important for: healthy bones but also muscle function.
- Aim for 3-4 servings of calcium rich foods per day.
- Vitamin aids in the absorption of calcium and so also very important for bone health, as well as immune function, mood and muscle contraction.
- During the summer months, ensure that you are exposed to direct sunlight for 15-20 mins per day for adequate intake.
- Vitamin D is also found in eggs, oily fish and mushrooms.
- During the winter months, we advise that you purchase a vitamin D supplement to take (RDA: 800-1000 IU/day).





HYDRATE

- The body is made up of 60-70% water.
- Water is vital for all body functions as well as concentration, nutrient transport to muscles & brain, regulation of body temperature, decreasing risk of injury/ illness and allowing sweating to keep cool & muscular performance.
- Drink water as soon as you wake up because this is when you will be most dehydrated... you wouldn't have had a drink in 9 hours!
- Aim to drink regularly throughout the day using your own water bottle.
- Not drinking enough can cause dehydration which can reduce performance
- Monitor hydration daily by looking out for these signs of dehydration: dark urine, dry mouth, dizziness, tiredness, cramps, headaches.





HYDRATE

- Swap Lucozade/Powerade for your very own Sports Drink (save money, lower sugar intake and reduce plastic use).
- How to make:
 1. Place 60ml squash (no added sugar) and 1 litre of water with a pinch of salt into a bottle and shake well.
 2. Refrigerate the drink overnight for best results.





HYDRATE

- Homemade Recovery Drink.
- Milk is an ideal recovery drink - naturally a good source of protein, calcium, fluids and electrolytes (sodium & potassium) lost through sweat. Add in a source of carbohydrate and you have the perfect post training/match recovery drink! Enjoy cold or hot!
- Option 1: Mix 1 pint semi-skimmed milk with 1 tablespoon flavoured powder (e.g. Nesquik).
- Option 2: Blend 200ml semi-skimmed milk, 1 banana, 100g natural yoghurt and 1tbsp honey.





BREAKFAST

For Winners

3-egg omelette with vegetable fillings and wholemeal toast

Porridge with mixed berries and honey

Overnight oats with fruit and Greek yoghurt

Baked beans on wholemeal toast

Scrambled eggs on wholemeal toast with avocado

Weetabix, natural yoghurt, nuts and berries

Low sugar pancakes with natural yoghurt and berries



For Losers

Coco pops

Cheerios

Croissants

Pastries

White toast with spreads with high sugar content

No breakfast at all

Egg McMuffin and hash brown





WHAT ARE SOME GOOD VS BAD EXAMPLES OF SNACKS TO HAVE DURING MATCHES/TRAINING?

Good (low fat/sugar)

Fruit



Cottage cheese



Natural/Greek yoghurt



Hummus



Nuts



Popcorn (lightly salted)



Dried fruit and nuts

Celery, cucumber, carrot, pepper sticks

Hard boiled eggs

Rice cakes



Low sugar cereal bars

Tuna



Tortilla wraps

Mixed berry smoothie

Green salad

Greek salad

Chicken skewers

Biltong





WHAT ARE SOME GOOD VS BAD EXAMPLES OF SNACKS TO HAVE DURING MATCHES/TRAINING?

Bad (high fat/sugar)

Donuts

Crisps

Sweets

Biscuits

Chocolate bars

Cakes

High sugar cereal bars

Cheese string



Babybel

Peperami

Dairylea dunkers

Lunchables

Pastries

Sausage rolls

Cocktail sausages

Scotch eggs





DINNER

For Winners

Chilli con carne with rice and guacamole

Pasta Bolognese with steamed vegetables

Chicken and vegetable stir fry

Chicken curry with rice and vegetable dish (no naan or poppadum)

Chicken fajitas with fried vegetables and avocado salad

Salmon, rice and broccoli

Jacket potato with tuna mayo and cheese topping



Chicken pasta bake with a side salad

BBQ chicken with sweet potato wedges and coleslaw (cabbage/carrot/apple/low fat dressing)



For Losers

Big mac and chips

Chicken nuggets

Pizza

KFC bucket

Kebab and chips

Fried fish and chips





SUPPLEMENTS

- Always go for wholefoods, first and foremost.
- Supplements may contain certain macronutrients but they don't include other nutrients that wholefoods do.
- Supplements are often contaminated with prohibited substances and other substances to just fill the container.





CLOSE OF PLAY