

A HIGH CARBOHYDRATE, LOW FAT DIET

Breakfasts

Cornflakes - 80g

Fruit 'n Fibre - 80g

Skimmed milk - 400ml

Skimmed milk - 400ml

Banana (chopped) - 100g

Banana - 100g

Sugar - as required

Sugar - as required

Fruit juice - 250ml

Fruit juice - 250 ml

Bread/toast - 2 slices

Bread-toast - 2 slices

Low fat spread - 10g

Low fat spread - 10g

Jam, honey, marmalade or marmite - as required

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Weetabix - 60g

Shredded wheat - 60g

Skimmed milk - 450ml

Raisins - 30g

Banana - 100g

Skimmed milk - 400ml

Sugar - as required

Banana - 100g

Fruit juice - 250ml

Fruit juice - 250ml

Crumpets - 80g

Malt loaf - 60g (2 slices)

Low fat spread - 10g
Low fat spread - 15g

Jam, honey, marmalade or marmite - as required

Porridge/Ready Brek - 70g raw weight
Branflakes - 60g

Raisins/Sultanas - 30g
Raisins - 30g

Skimmed milk - 400ml
Skimmed milk - 400ml

Golden syrup - 20g
Banana - 100g

Fruit juice - 250 ml
Sugar - as required

Bread/toast - 2 slices
Fruit juice - 250ml

Low fat spread/butter/margarine - 15g
Low fat spread - 15g

Jam, honey, marmalade or marmite - as required
Jam, honey or marmalade - as required

Lunches

Bread - 4 slices
Oxtail/lentil/vegetable soup - 400g

Low fat spread - 20g
Bread/toast - 2 slices

1 Egg (hard boiled)
French bread - 150g

Lean ham - 60g
Low fat spread - 30g

Salad (Tomato, lettuce, cucumber, celery, watercress etc)
Low fat cheese - 40g

Salad - as required

Doughnut

Apple

Banana

6 crumpets - 240 g

Bread - 3 slices

Low fat spread - 30g

Baked beans - 225g

Low fat cheese - 40g (eg Shape, Tendale “15% fat”)

Low fat cheese - 25g

Marmite - 10g

2 Tea cakes (toasted) - 100g

2 Fruit Scones - 100g

Low fat spread - 20g

Jam, honey or marmalade - as required

Jam, honey or marmalade as required

Pear

Banana

2 large Pitta bread - 180g

Bread - 3 slices

Tuna in brine - 150g (drained weight)

Canned spaghetti - 225 g

Salad - as required

2 Bread rolls

Salad cream/dressing as required

Low fat spread - 20g

Doughnut

Egg (hard boiled)

Low fat yoghurt - 1 carton

Low fat flavoured yoghurt - 1 carton

Orange

Dinners

Potatoes (boiled, baked, mashed or microwaved) - 300g
Macaroni - 100g

(raw weight)

Low fat spread - 10g
Packet cheese sauce

Lean gammon steak - 120 g
Tuna in brine - 150g (drained weight)

Tinned pineapple - as required
Tomato

Peas - 150 g
Prunes - 200g

Rice pudding (low fat brand or home-made with skimmed milk) - 400g
Custard (made with skimmed milk) as required

Spaghetti - 100 g (raw weight)
Boiled rice - 100g (raw weight)

Bolognese sauce (made with lean minced beef) - 200g
Curried beans - 400g

Mixed vegetables - 150g
Mixed vegetables - 150g

Fruit salad - 200g
Tinned tangerines - 300g

Low fat yoghurt - 1 carton
Low fat yoghurt - 1 carton

Potatoes - 300g
Potatoes - 300g

Chicken piece (skin removed - grilled, baked, boiled or microwaved) - 150 g
Turkey breast (boiled, baked or microwaved) - 150g

Boiled broccoli - 150g

Low fat cheese - 30g

Baked beans

Peas - 100g

Fruit pie filling - 225 g

Rice pudding (low fat brand) - 400g

Custard (made with skimmed milk - as required)

Snacks

Bread/toast - 3 slices

Bread - 3 slices

Baked beans/canned spaghetti - 400g

Low fat spread - 20g

Jam, honey, marmalade or marmite - as required

Breakfast cereal - 60g

Skimmed milk - 350ml

Malt loaf - 80g

Raisins - 25g

Low fat spread - 20g

Sugar - as required

Piece of fruit

Rice pudding (low fat brand) - 400g

Canned ravioli - 400g

Piece of fruit

Bread - 3 slices

Snacks may be taken regularly throughout the day to increase carbohydrate intake and maintain total energy intake whilst on a diet lower in fat. Some carbohydrate should be consumed as soon as possible after training to speed glycogen resynthesis and aid recovery. Examples of convenient snacks to carry around include:

Pieces of fruit, sandwiches, currant buns, scones, malt loaf, drinks

Fluids should be taken regularly throughout the day; drinks that are high in carbohydrate include:

Fruit juices, squashes, soft drinks, sports drinks eg Lucozade, Isostar

Reading a Food or Drinks Label

Players are often told to ensure that they consume a sports drink with carbohydrate, some electrolytes and protein to refuel after training and matches, and to ensure that they have a diet high in carbohydrate with plenty of protein and limited fat.

In some cases these are not provided with much information on how to choose which foods are a good source of carbohydrate or protein.

Often players look at food labels and not know what some of the ingredients are or how beneficial they are to their overall well being.

The drink label printed on the right with information on what each heading means will help you to make sound nutritional choices to suit your own tastes.

The type of carbohydrate in the drink.

Ingredients: Water, Sucrose, Glucose, Citric Acid, Sodium Citrate, Flavourings, Ascorbic Acid, Sodium Benzoate, Colours, Vitamins C, E, Niacin, B6

Nutritional Information		
	Per 100ml	Per 380ml
Energy	270Kj 64	1026Kj
Protein	Kcal 0g	243Kcal 0g
Carbohydrate (of which sugars)	8.3g 5.7g	58g 33.1g
Fat (of which saturates)	0g 0g	0g 0g
Fibre	0g	0g
Sodium	0.064g	0.24g
Vitamins		
E	0.8mg	3.0mg
C	4.7mg	18mg
Niacin	1.1mg	4.2mg
B6	0.14mg	0.034mg

Chose a drink with 6 — 8% carbohydrate. This allows for rapid

Sodium adds to the taste of the food, but is also useful in replacing sodium lost

Vitamins do not provide energy themselves, but serve to help release energy from food. Anti-oxidant vitamins such as A, C and E may help