



Match Day Nutrition

Matt Lovell – Elite Sports Nutritionist

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Disclaimer

The information provided in this document should not act as a replacement for the relationship you have with your Doctor or Healthcare Professional. Any information provided is not medical advice and should not be substituted for regular consultation with your Doctor or Healthcare Professional.

The information contained in this document is for information purposes only. If you have any concerns about your health, you should contact your Doctor or Healthcare Professional before following any of the recommendations set out in this document.

Matt Lovell



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Matt began his interest in sports at an early age starting Karate at 12. These interests led to a life-time obsession with all things training, nutritional and health related.

After gaining his instructors qualification in Karate, he went onto coach fitness at his local amateur boxing club.

After completing a degree in Political Philosophy at Bristol, Matt couldn't keep away from the health and fitness arena and qualified as a personal trainer; eventually running his own company in the City. This led to developing his other passion: nutrition. Matt undertook a further three years of study at the Institute of Optimum Nutrition.

He went on to spend time on Harley Street, specializing in elite sports, female hormonal health and body composition management.

The contacts he made through this work led to a spell, working as nutritionist with Millwall football club during which time they made the play-off for the Premiership and also qualified for the FA cup final.

In 2002 Matt started working with the England Rugby Team and was part of Clive Woodward's team that lifted the World Cup in 2003. He continues in the same role working with the England team and was a member of the team who against all the odds reached the final of the 2007 Rugby World Cup. Matt is the Sports Nutritionist for London Wasps, London Irish, Saracens and Leicester Rugby Clubs.

Matt currently runs his own elite performance based company. This is aimed at elite athletes and corporations and includes all levels of health related performance. He has written the popular Fat Loss Program [Four Week Fat Loss](#) and [Regenerate](#) a muscle building anabolic program.

Introduction

Match Day Nutrition is ideal for people taking part in sports such as Rugby and Football and other events that last in excess of an hour.

I introduce some key concepts and foods that you may not have considered as part of your pre-match routine that will help improve your performance always try these foods and concepts out during practice days, you never want to try something out for the first time on the day of a big match.

It's important that you get your food intake correct before you start thinking about taking any supplements that can boost your performance.

I provide more in depth information about differing supplement strategies in [my ebook](#). Often sports people are looking for the magic bullet, there are supplements that will boost your performance but let's make sure you have the basics nailed down first because there is more to gain here than by taking supplements on the back of the wrong eating strategies.

Ok so let's look at what we should be eating.

Meal 1

Finish eating 4-5 hours pre match (if your kick off is 3.00 then this is eaten between 10 and 11)

Concepts	Guidelines and Food Choices
Areas to consider See book for more information	Maximize available energy With minimum weight (fiber and undigested food) Maximum hydration
Hydration	Increase hydration from breakfast. Use additional sodium based sports drinks where appropriate. Avoid high sugar sports drinks until after the warm up has started
Carbohydrates	You need to eat lots of carbohydrates Make sure these are slow release / low fiber where possible Good choices include breakfast cereals, yoghurts, non wheat bread, rye bread, smoothies, tropical fruit, protein pancakes – see attached sheet for more options
Fat	Keep fat intake to a minimum apart from your normal intake of essential fats and coconut milk or oil. E.g. use some coconut oil in your breakfast smoothie Don't put loads of butter all over your toast Keep saturates to a minimum apart from coconut oil
Protein	Avoid high fat sources of protein. Good choices would be omega eggs, turkey rashers, venison sausages, protein powders Do not over consume protein – eat less than normal to allow room for carbohydrates
Misc / Puddings	Use of spices is encouraged e.g. cinnamon Honey or maple syrup can be added to cereals and smoothies or herbs teas and should be encouraged. Additional fruit and fruit salads are advised, tropical fruits are preferred Tropical fruit platter is a good choice

Meal 2

Finish eating this meal 2-3 hours prior to match (for a 3.00 Kick off this will be eaten between 12 and 1 PM)

Concepts	Guidelines and Food Choices
Areas to consider See concepts sheet for more information	Top up energy levels without over eating Choose foods which are quick to digest and familiar E.g. Practice in training first
Hydration	Keep up with hydration as above
Carbohydrates	Often liquid meals are useful at this time They are quick to digest and supply good amount of energy See match day sheet for recipes Good choices are sweet potatoes, basmati rice, rice pudding, root vegetables.
Fat	Keep fat intake to a minimum apart from your normal intake of essential fats and coconut milk or oil.
Protein	Smaller servings of protein here, stick to 1 palm max Good choices are fish, chicken, salmon, turkey or omega eggs
Misc / Puddings	Keep fruit to 1 piece max Use of spices is encouraged e.g. chili and ginger Honey or maple syrup can be added to cereals and smoothies or herbs teas and should be encouraged.

Areas to consider and reinforce

You may already be aware of some of the following nutritional strategies it's important to apply them to match day nutrition. Here are the main factors

- No wheat
- No dairy – apart from goat's / sheeps
- Low fibre
- High energy
- Low saturated fat
- Hyper hydration strategies
- Lactate buffering strategies
- New supplementation
- Fat adaptation

WHEAT

Causes water retention, fatigue, mental fuzziness and is generally pro-inflammatory and allergy enhancing. It can also act as a mild estrogenic agent. So avoid wheat based breads and cereals like weet-a-bix

DAIRY

Similarly allergy promoting and problematic due to bloating, wind, digestive complaints and potential for water retention, dairy intake should be low or avoided 24-48 hours pre match.

LOW FIBRE / HIGH ENERGY

The concept of maximising available energy whilst carrying minimum weight is not a new one. The avoidance of rebound hypoglycaemia through inappropriate carbohydrate loading pre match is key to match performance. If you have too much high GI carbohydrate your blood sugar levels increase rapidly and insulin is then produced that lowers the blood sugar level. This can result in having low blood sugar levels at the start of the game and can result in feelings of lethargy.

This is why it's recommended to only take in relatively small amounts of a carbohydrate drink once your warm up has started.

Most low GI foods are by their nature high in fibre, this constitutes a potential problem because if we eat a lot of broccoli on the day of the match it is going to be heavy in our system and we want to avoid this. We want to eat foods that are going to release their energy slowly but not be too fibrous and bulky.

However there are **some high energy and low fibre slow release carbohydrates**. Consumption of these should be increased when loading for performance.

Some of these have traditionally been avoided due to their high GI index, however the more recent Glycaemic load has been taken into account when choosing these foods.

Here are some examples

FRUITS

Bananas (not ripe), grapes, kiwi fruit, mango, peaches in own juice, raw pineapple, strawberries, beetroot and sweetcorn.

STARCH

Pearl barley, rice breads, yam, Swede, tapioca, taro, sweet potatoes

MISC.

Stuffed vine leaves, rice noodle soups, reduced fat yoghurts, non fat yoghurts, instant puddings, custard, honey and rice pudding.

LOW SATURATED FAT

Slow digesting high fat meats are best avoided leading up to the match. This is especially important on match day and benefit may be gained from avoiding them from the day before as well.

Lighter quicker digesting animal protein sources such as fish (not smoked) chicken and turkey would be preferred choices. Smoked choices may repeat in which case they should be avoided.

Oily fish is still high in fat but contains the performance enhancing omega 3 varieties. Same for the omega or Columbus enriched eggs which are good choices.

HYPER HYDRATION STRATEGIES

The use of hyper hydration supplementation in appropriate individuals needs to be looked at. This can take the form of glycerol loading, or increasing sodium in heavy salty sweaters. Some cross over can be enjoyed if individuals are practicing lactate buffering techniques as sodium citrate / bicarbonate offers similar hyper hydration effects.

Although wheat and dairy are avoided due to their ability to cause water retention which we are favouring above, they should not be used as a hyper hydration strategy due to their allergic and pro-inflammatory potential.

Conclusion

I hope this has given you a feel for the optimal match day nutrition plan, if you want more detailed information with:

- Detailed meal plans based on your weight
- Cutting edge supplementation strategies
- Hyper hydration protocols
- Lactate buffering techniques
- Post Match Nutrition so you are ready for the next game

then consider purchasing [my book](#).



Matt Lovell

Check out below what I'm going to cover in the full version.

This is what I cover in The Match Day Eating Guide

PRE-MATCH DAY	MATCH DAY	RECOVERY DAY
<p><u>Overview</u></p> <p>Different types of Carbohydrates, Proteins and Fats</p> <p><u>Strategies</u></p> <p>How to Carbo load Maximise glycogen stores Maximum hydration Low acid diet Blood thinning herbs / spices Metabolism boosting herbs / spices</p> <p>Increased oxygen delivery</p> <p>Anti inflammatory</p> <p><u>Food Choices</u> Low allergy Low fibre high energy Low saturated fat Medium Chain Tryglycerides (coconut oil)</p> <p><u>Specific Strategies</u></p> <p>Hyperhydration (if conditions are hot) Supplementation; Sodium loading (if conditions are hot) Lactate buffering (prevent cramp) Kreb cycle support (improve energy supply) Chronic ergogenic aids Sleep Strategies</p>	<p>Pre-Match;</p> <p><i>Follow all pre-match day concepts plus;</i></p> <p>Specific acute ergogenic aids (supplements)</p> <p><u>During match;</u></p> <p>Maintain hydration Maintain glycogen stores Anti fatigue Delay fatigue</p> <p><u>Post Match;</u></p> <p>Rehydration Protein synthesis Replenish glycogen stores Support immunity Promote healing process Anti-inflammatory after 12 hours</p> <p><u>Immediate Post Match Meal</u> meal should consist of;</p> <p>Light foods easy to digest</p> <p>Later meals should be more satisfying containing foods to make players feel strong again.</p> <p>Specific herbs and spices centred on recovery and appetite stimulation should be used</p>	<p>Continue in all aspects covered in post match requirements</p> <p>Calorie intake should be higher from 'off' meals</p> <p>Keep to REGULAR protein feeds even though it's an OFF day</p> <p>Remember however to keep basic principles in mind on your recovery day</p> <p><u>Practice Sunday routine;</u></p> <p>Pick from one of 4 roasts</p> <p>Make stock and make Tom yum soup</p> <p>Use specific recovery supplements</p> <p>Continue to use specific recovery based herbs and spices</p> <p>Liver support and systemic detoxification techniques should be employed if it's been a heavy night celebrating</p>