

Player Nutrition

Injury Prevention

&

Matchday

Nutrition



NOTTINGHAMSHIRE

COUNTY CRICKET CLUB

Injury Prevention

Bone



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Bone Injuries – Calcium & Vitamin D



Calcium – 1300 mg per day

- The **main bone forming mineral** (99% of calcium is stored in the skeleton)
- When young, adequate calcium can increase peak bone density, which will be of **benefit throughout later life**

Pint of semi-skimmed milk



200g natural yoghurt

~250 mg



100g kale

~135 mg



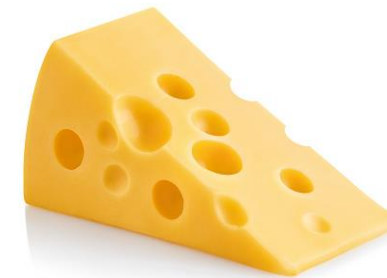
100g spinach

~135 mg



Matchbox size chunk of cheese

~300 mg



Bowl of fortified breakfast cereal

~400 mg



Bone Injuries – Calcium & Vitamin D



Vitamin D

Helps the body **absorb the calcium** you eat

Other important functions in addition to bone health:



Muscle recovery and adaptation after training



Improved immune response (lower risk of becoming ill)



Heart structure and function (larger cardiac muscles)



Sun exposure:

- Arms and legs
- 5–30 min
- 2 times per week

BUT...



Injury Prevention

Muscle



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Muscle Injuries – 1) PROTEIN

3 meals, 2-3 snacks



20-30g
per meal

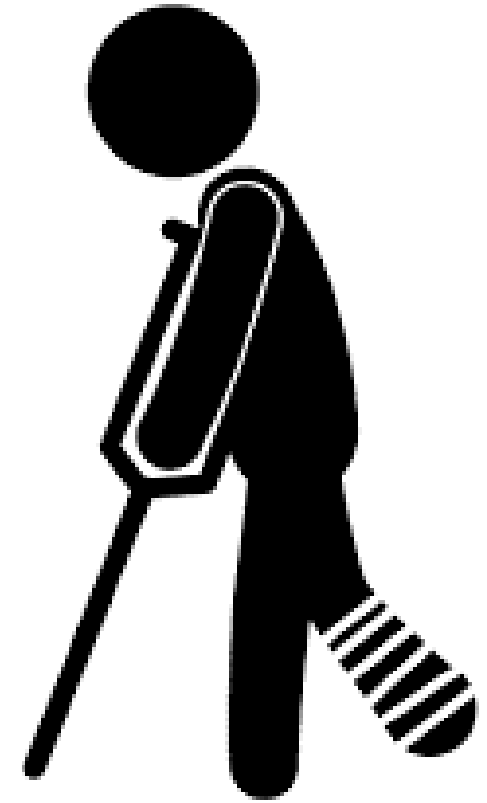
10-15g
per snack

20-30g
after exercise



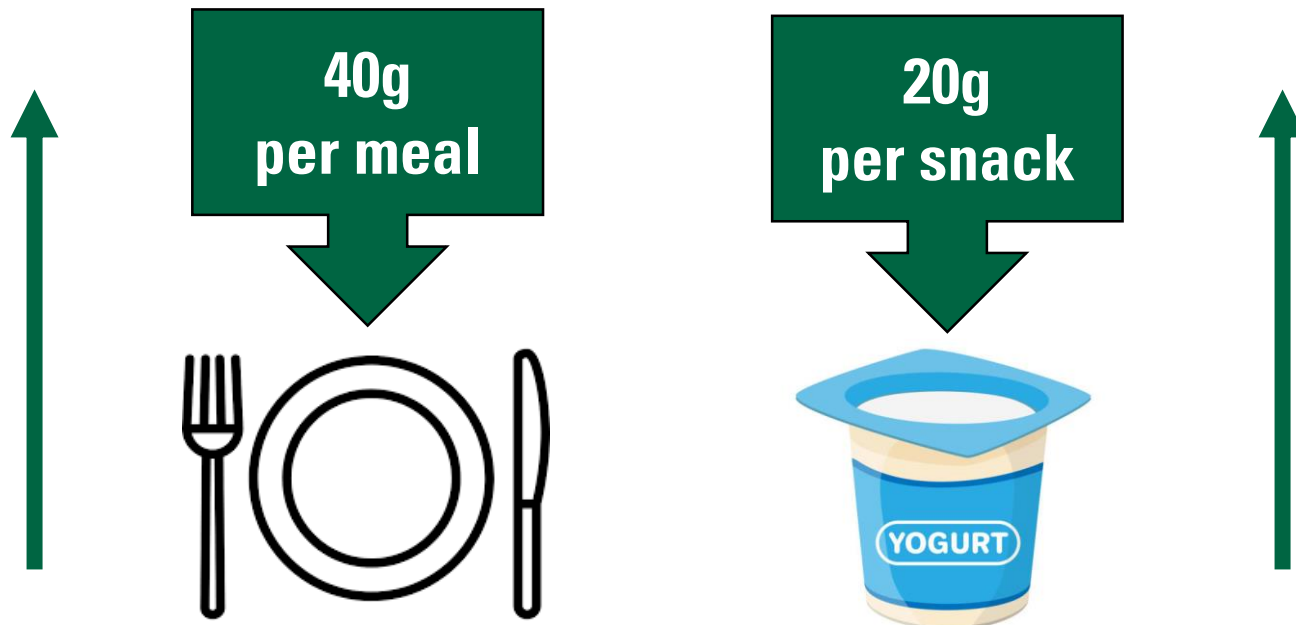
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Muscle Injuries – 1) PROTEIN



Increase your protein intake if you are **injured and unable to train**

- 1) Promotes **muscle repair** and speeds up recovery
- 2) Prevents **muscle mass loss**



Match-day Nutrition

On The
Go



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Away Day Checklist – Preparation is Key!

1

High carbohydrate snacks

- Packet of cereal bars
- Banana
- Malt loaf
- Dried fruit
- Couple of sports drinks

2

High protein snacks

- Skyr yoghurt
- Nuts
- Fridge Raiders
- Beef jerky
- Low fat baby bell/cheese

3

Water Bottle

- Squash?

4

Meals for before & after the match?

Playing on **the day of travel OR have a cool pack?**

Having a **meal prepared for before and after the match** will have huge benefits

You can be sure you are **fuelled adequately, and will recover adequately**



Before the Match – Same as training!

Fuel assuming you are **performing your role first...**

Better to be fuelled and not require it, than under fuelled and require it

2 – 3 hours before...

**High
Carb**

**Complex
Carbs**

**Low
Fat**



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MEAL PREP!

- Porridge, banana & honey (semi-skimmed milk)
- Tomato-based pasta (wholemeal) with veg (and chicken/lean beef)
- Stir-fry noodles with veg (and chicken/lean beef)
- Eggs with brown bread
- Wholemeal tortilla wraps / pitta bread with tuna & light mayo
- Lean meat sandwich on wholegrain bread with salad
- Baked potato with beans / tuna

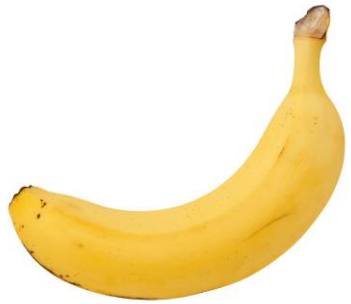


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During the Match

Take advantage of breaks in play

High carbohydrate, low fat snacks **every 1 – 3 hours**

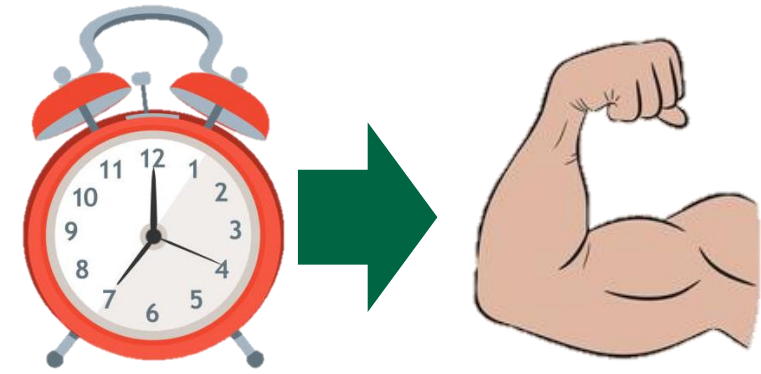


Shake/ Fizz Tab & low fat fruit smoothies are perfect if **eating during a match is uncomfortable**



After the Match

The same as after training! 3 R's...



Refuel

Carbohydrate

Repair

Protein

Rehydrate

Fluids

Aim to eat this meal within **60-90 minutes** of finishing – especially if play resumes the next day



After match meal examples

Refuel and repair



MEAL PREP!

- Chicken / tuna pasta
- Greek yoghurt, honey and fruit
- Protein yoghurt and fruit
- Tuna / chicken sandwich
- Wholemeal tortilla wraps / pitta bread with chicken & light mayo
- Chilli con carne with rice / spaghetti Bolognese
- Baked potato with beans and cheese / tuna mayo

Top tip:

Use the above examples as a guide, but you can mix and match ingredients to suit your individual preference / diet requirements



After the match

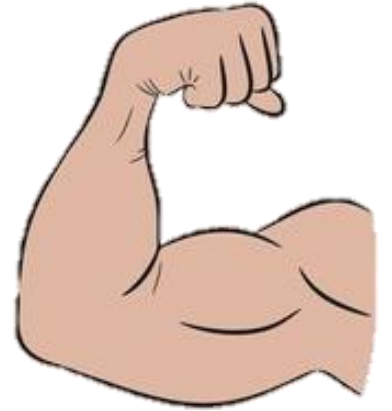
Rehydrate

Example drinks:

- **Nesquik milkshake (or plain milk)**
- Fizz Tab
- Homemade squash
- Fruit smoothie with Greek yoghurt
- Protein shake with added fruit

Top tip:

Milk is excellent for recovery as it provides much needed energy, carbohydrate, protein and electrolytes (sodium & potassium), which are lost during exercise!



Eating Out / Ordering In

