



Football & Me – Nutrition Tips for Young Footballers

Eating well is essential for young footballers to perform their best on and off the pitch. Here are some simple and effective nutrition tips to support energy, growth, and recovery.

1. Balanced Meals

Ensure every meal includes a source of protein (like chicken, fish, or legumes), carbohydrates (such as rice, pasta, or potatoes), healthy fats, and plenty of vegetables.

2. Stay Hydrated

Water is crucial! Young athletes should drink water before, during, and after training. Avoid sugary drinks and sodas.

3. Pre-Training Snack

Eat a small meal or snack rich in carbs 1-2 hours before training, like a banana, yogurt with granola, or a slice of toast with honey.

4. Post-Training Recovery

Within 30 minutes after training, have a snack that combines protein and carbs — such as a smoothie, chocolate milk, or a sandwich — to help the body recover.

5. Smart Snacking

Healthy snacks like fruits, nuts, cheese sticks, and wholegrain crackers help fuel the day and avoid energy crashes.

6. Sleep and Nutrition

Good sleep and proper eating go hand in hand. Avoid heavy meals right before bed and ensure your child gets enough rest.

7. Limit Junk Food

Fast food and sweets should be occasional treats. Teach kids the value of nutritious food for long-term health and sports success.