



Luton Town FC

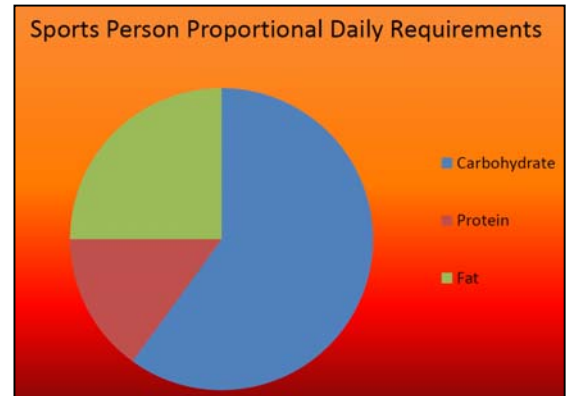
Elite Development



Healthy Eating 2011/12

With the high energy requirements of football, a footballer's diet must be just right and include foods that are:

- High in energy to help with muscle gain – aim to eat three meals and regular snacks every day.
- High in carbohydrate rich foods – breakfast cereal, bread, muffins, crackers and crisp breads, rice, pasta, potatoes, and fruit. These should form the basis for most meals and snacks. This will help with exercise performance, recovery from training, and muscle gain.
- Moderate in protein rich foods – meat, poultry, fish, dairy products, beans, peas, lentils, unsalted nuts. Protein rich foods are *not* the main source of energy for exercise. In most cases the amount of protein required can be achieved simply by following a balanced healthy diet, which contains sufficient carbohydrate.
- Low in fat – try to avoid too much margarine, fatty meats, high fat takeaway and snacks, fried food and creamy sauces.
- High in fruit and vegetables – include at least 5 servings of fruit and vegetables each day. They are necessary for preventing illness, building muscles and repairing injury.



Luton Town FC and The Arena Bar & Café are working together to promote healthy eating, offering low-cost lunch-time and pre-match meals for the Elite Academy students, in line with expert nutritional advice from Luton's own experienced coaches. In addition to this, The Arena will also be stocking recommended high-energy snacks such as nuts, chocolate and cereal bars, and drinks such as Lucozade Sport and Yazoo milkshakes.

The meals will be available daily and will be based on Luton Town's very own first team's menus. A typical week will adhere to the following format:

- Mondays** – Protein rich meal, e.g. chicken based dishes
- Tuesdays** – Carbohydrate rich meal, e.g. pasta based dishes
- Wednesdays** (match days) – Light pre-match meal, high in carbs.
- Thursdays** – Carbohydrate rich meal, e.g. jacket potato & filling, followed by dessert
- Fridays** – Carbohydrate rich meal.



A weekly menu such as this, aided by regular and healthy meals at home in accordance with the guidelines above, should ensure players' fitness levels are kept to a high standard, improving performance and helping the body to recover more quickly in the case of injuries.

Please let your coach know if you would be interested in the Healthy Eating meals which will be available during term-time, or contact info@htcfc.co.uk for more information.

