



Diet for optimal performance for the football players

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Abstract

A healthy and a nutritional diet is highly recommended and a vital necessity for every sportsperson involved in physically challenging sports such as football. Playing soccer demands strength, speed, alertness, power, endurance, and durability thereby a good diet is the most important aspect of football players. The importance of a football player's diet must not be underestimated or ignored as it is a pathway to success of each player or as a team playing against the opponents. A simple football match also requires energy from the body and what you eat decides what kind of energy you are giving your body as well as what you put in your body can affect every aspect of the game. Average football player can travel up to 12 km per game at various speeds. Therefore a good diet can help support constant intensive training while limiting the risks or injury. Football players can stay healthy if provided a diet which encourages optimal performance on behalf of the players without straining and restraining their athletic body.

Keywords: diet, football players, nutrition values

Introduction

Football is one of the most world's most popular sport. Diet is vital part of the football players and it has tremendous impact over their training. Eating right can improve your endurance, sleep, motivation and mood, almost covering all the aspects of physical and psychological wellbeing of the players and coach of every sports. When it comes to football which is one of the most physically strenuous sports, a player for the sake of their performance must not take nutritional diet for granted. A proper and guided diet plan for the players is most of the time sidelined because it is very complicated field of knowledge and sports team lacks a trained dieticians. With an overwhelming amount of information a proper nutrition is extremely important for football players. Diet highly affects overall performance and the foods consumed by the players during the training and matches corresponds to their performance every time they play. A player must be well versed with their daily nutritional intakes.

A consumption of proper diet and avoiding unhealthy lifestyles such as smoking, drinking alcohol and drugs would limit the chances of falling ill or getting injured. Healthy diet plans encourages consistency in training and good performances. The right diet is also important in preparing for games and in hastening recovery afterwards. Right amount of energy through proper diet leads to healthy lifestyles and performances. Football players must always keep track of right amount of food intake such as avoiding excess fat, oil or calories and also too low will unbalance the energy and result in sickness and injuries.

A successful football players must always supply sufficient calories to be fit and healthy. Several reasons which helps the players to be successful in their career is to follow healthy diet plans which lets them build lean muscle mass, ideal body

composition and encourage to be healthy and overcome sports injuries.

A player who comes to practice without having eaten breakfast or lunch and skips sufficient fluid intake would succumb to exertion and exhaustion during or even before completing the sports event. Especially during summer practice food and fluid if taken adequately before and soon after a game and training can optimize recovery and players would reach his full potential.

Football is a complicated sports when it comes to physical demands, anyone who has played the game knows how much energy is required while running during the game. Every player need to know the breakdown of an average game for an elite player. A football player cover 7 mile per game in an average but this could differ by about a mile depending on position with mid fielder running. The exceptional members of the football team who runs lesser are the striker and defender.

Taking into consideration that 7 miles is not that great of a distance overall 7 miles in 90 minutes comes out to about 13 minutes mile per football players which is they spend about 2/3 of game at low intensities of walking and jogging. The part that stands out about this is the average heart rate is really high during the 90 minutes of football game and what these statistics don't show is the physically taxing performance and mental complexities involved in defending, chasing and diverting the ball from the opponent.

The proper diet plan for football players

A proper diet plan for a football players need to encompass basic nutritional values in their diets. Football players need to finish off with a general take away that he can put into action with their next meal to get him a solid foundation for

becoming an elite player. Following are the basic guidelines to rely upon to inculcate proper diet plan for the football players:

- Eat 1 to 1.5 grams of protein times your body weight in pounds
- Eat 22.24 calories times your body weight in pounds
- Protein is high in Animal meat, don't be afraid of red meat consumption
- Consume Fish and Eggs also for protein intake
- Eat carbohydrate depending on the activity level. If the players are baring through their glycogen level through explosive movement like sprinting and lifting than they would need carbs to replenish them
- Eat as much organic food as possible

The basic nutrition values for a college as well as school football players needs to be kept in mind. Eating the way which involves appropriate food and calorie intake keeps energy high, help with muscle gain and bone strength. Diet is imperative and this information is enough to get you to a solid foundation. An example would help one understand of what a 175lb football player should be eating on an intense workout day.

- $170\text{lb}/23=4025$ calories per day. • $175\text{lbs}/1.5=262.5$ grams of protein
- To replenish glycogen storage =about 500gram of carbohydrates
- Calories need with healthy fats. 1...1/3 from saturated fats. 2...1/3 from monounsaturated fats. 3..1/3 from polyunsaturated fats

Review of literature

In this chapter a study I 2001determined that sufficient nutritional Diet education positive effect an athlete football dairy intake.A direct correlation in seen between healthyfood choice and an athlete's nutritional knowledge (Burke cox cummings & Deshbrow2001)

National Football league &Diet nutrition

This amount of research on collegiate foot ball player is limited in comparison to studies conducted on professionalathletefootball player in the NFL.Over the past thirty year.The body composition of foot ball player in the league have began slowly change.The average height and weight of the professional foot ball player remain fairly consistent However changes in body mass of both offensive and defensive lineman have been observed since the 1970s (kraemer *et al.*2005)unlike in the NFL The average height and weight of Division foot ball player has increased (Evens sawyer morse 2002) similar to the NFL most increase in body size were in the defensive line man.

The importance of proper diet

Nutritional knowledge can be broke down in to several categories. Nutrient and macronutrient are often studied in diet logs in various research study focused on fruit and vegetable intake. Protein and fiber intake. In this study collegiate players answered a questionnaire regarding food choice (Dunn turner, & Denny 2007)

Successful in improving one, us dietary habit. An internet based programmed implemented in a 2008 study was

successful in improving both physical activity and nutritional knowledge in student among Six universities (Franko *et al.* 2008).

Conclusion

Sports diet or food and drink for football player is becoming increasingly scientific and recognized for its importance in the game of football. Almost every professional club will have a nutritional or similar expert adviser for their team. Therefore like any other professionals such as doctors, physiotherapist, marketing agents, financial advisors etc. a proper dietician or a coach with proper knowledge and information about diets for football players needs to incorporate for the team members. Deficiency of nutritional values and lack of proper diet plan have a negative effect over the performance of the football players therefore a well-planned diet must involve sufficient fluid intake, nutritional values, vitamins, antioxidants, minerals and calories intake on daily basis.

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