



Snacks & nibbles

Top up your energy levels just before the game (or at half-time) with foods that will give you a quick burst of energy.

Manchester United boss Alex Ferguson famously once said his team's success was partly down to giving the players Jaffa Cakes at half-time!

Try to eat something light and sugary but low in fat, like:

- Bananas
- Jaffa Cakes
- Jelly Babies
- Wine Gums

You could also sip a sports drink to give you that extra burst of energy.

Gully's Top Tip

This is not another pre-match meal. You just want something to top up your energy and stop you feeling hungry!