



Before the match

Ideally eat about three hours before a match. This meal should be mostly carbohydrates (to give you energy): Potatoes (with skins), wholewheat pasta, wholemeal rice, baked beans, plus small amount of protein like fish or chicken. This will help slow down the digestion of the carbohydrates.

Also, why not try:

- Bananas or apples are great for energy.
- Cereals or wholemeal bread.

Drink up to two hours before the game, then slow your drinking down. Drink water or squash, not too many sports drinks as they are full of sugar and can rot your teeth!

Don't

- Don't eat any red meat, as this takes too long to digest
- Avoid garlic or anything that might dry the palate
- Avoid eating anything spicy as it could give you an upset stomach!

Gully's Top Tip

Try eating pre-match meals on non-matchdays to work out what's best for you, and when you find something you like, stick with it!