

Gully's Gang

Brighton & Hove Albion

Grub

After the match

After a long hard game, you need to replenish your energy and fluid levels as fast as possible. A milkshake is an excellent way to take on energy as the carbohydrates can be absorbed quickly by your body – try to drink one within half an hour of the final whistle.

Your body also sweats out lots of fluids when you play, so make sure you drink plenty of water or squash to replace lost fluids. You should then try to eat a healthy meal within THREE hours of the final whistle.

Your body is now craving carbs, so you should try to eat white pasta, white breads or white rice. Also try to have a bit of chicken or fish to give you some protein. Your immune system also weakens when you do physical activities, so help your body get some vitamin C by drinking fruit juice with your meal!

Gully's Top Tip

Why not have a thick-crust pizza after a game – it's a great and tasty way to replace those vital energy stores!