

**ALL  
BODIES  
SERVICES**

# **NUTRITION FOR FOOTBALL**

**PERFORMANCE NUTRITION**

*all bodies*

# ALL BODIES SERVICES

ALL BODIES CAN DO GREAT THINGS



## HANNAH WILSON

- Accredited Sports Dietitian
- Level 1 ISAK Accredited
- Director All Bodies
  
- Sports nutrition, gut health, women's health

*all bodies*

# ALL BODIES SERVICES

ALL BODIES CAN DO GREAT THINGS



## Joel Ludwik

- **Accredited Practising Dietitian**
- **Sports nutrition, gut health, muscle building, weight loss women's health**

*all bodies*



# **WHAT IMPACTS FOOTBALL PERFORMANCE?**

# **WHAT IMPACTS FOOTBALL PERFORMANCE?**

- **ENERGY**
- **ENDURANCE**
- **SPEED**
- **CONCENTRATION**
- **COORDINATION**
- **POWER**
- **STRENGTH**
- **INJURIES**
- **IMMUNE FUNCTION**

**WHAT IMPACTS  
FOOTBALL  
PERFORMANCE?**

**WHICH OF THESE  
ARE AFFECTED  
BY NUTRITION?**

- **ENERGY**
- **ENDURANCE**
- **SPEED**
- **CONCENTRATION**
- **COORDINATION**
- **POWER**
- **STRENGTH**
- **INJURIES**
- **IMMUNE FUNCTION**

**WHAT IMPACTS  
FOOTBALL  
PERFORMANCE?**

**WHICH OF THESE  
ARE AFFECTED  
BY NUTRITION?**

- **ENERGY**
- **ENDURANCE**
- **SPEED**
- **CONCENTRATION**
- **COORDINATION**
- **POWER**
- **STRENGTH**
- **INJURIES**
- **IMMUNE FUNCTION**



**TONIGHT'S FOCUS**

**TRAIN AT HIGHER  
INTENSITIES FOR LONGER**



**TRAIN AT HIGHER INTENSITIES FOR LONGER**

**1. FUEL YOUR TRAINING &  
GAMES**

**2. OPTIMISE RECOVERY**

# FUEL TRAINING & GAMES

## ENERGY / CALORIES

- BMR
- NON EXERCISE ACTIVITY THERMOGENESIS
- TRAINING
- THERMIC EFFECT OF FOOD



# WHAT HAPPENS IF YOU DON'T CONSUME ENOUGH ENERGY?

ENERGY LEVELS  
STRESS FRACTURES  
BONE HEALTH  
DIGESTION  
HEART FUNCTION  
BRAIN FUNCTION  
FERTILITY



# NUTRITION 101



**MACRONUTRIENTS = FUEL**

**MICRONUTRIENTS = ENGINE PARTS**

# NUTRITION 101



## MACRONUTRIENTS = FUEL

- **Carbs**
- **Proteins**
- **Fats**
- **Alcohol**

# MACRONUTRIENTS

## CARBS

- **FAST BURNING**
- **EFFICIENT**



# WHAT HAPPENS IF YOU DON'T EAT ENOUGH CARBS?

**ENERGY LEVELS**

**BONKING**

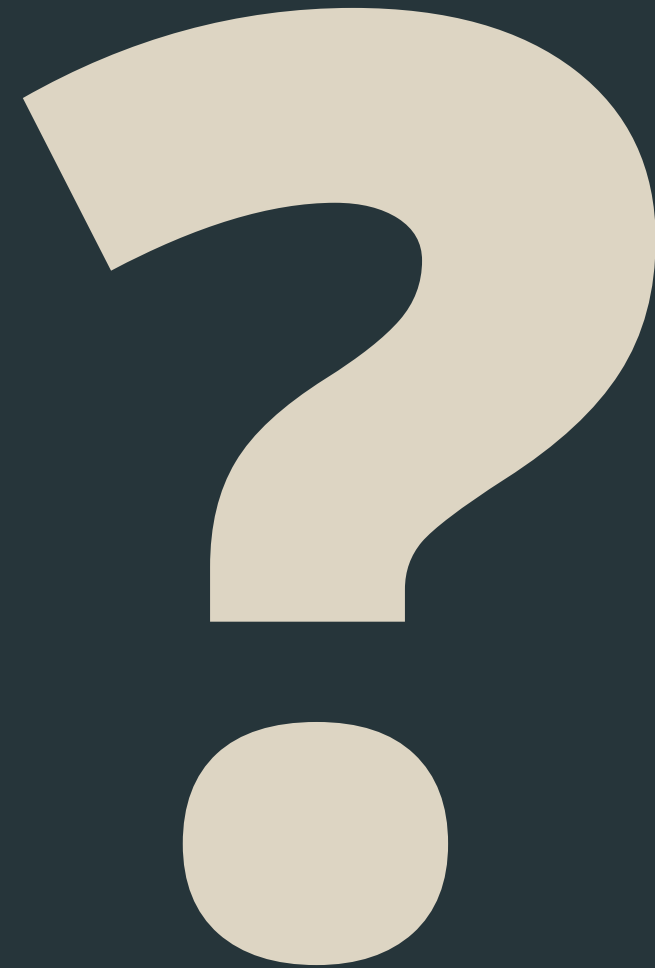
**INJURY RISK**

**BONE HEALTH**

**BRAIN FUNCTION**



# CARB FOODS

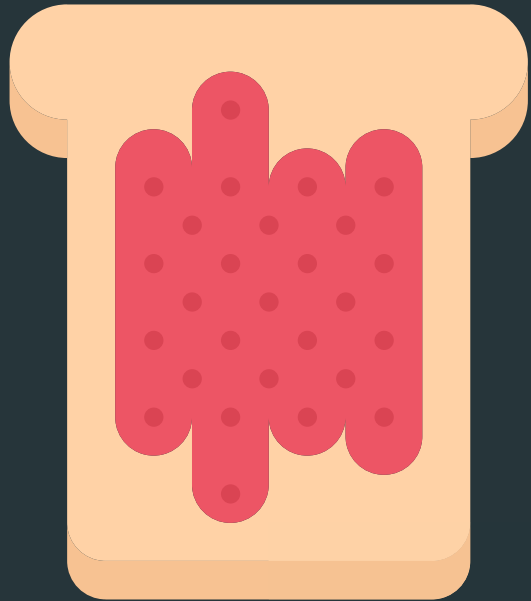
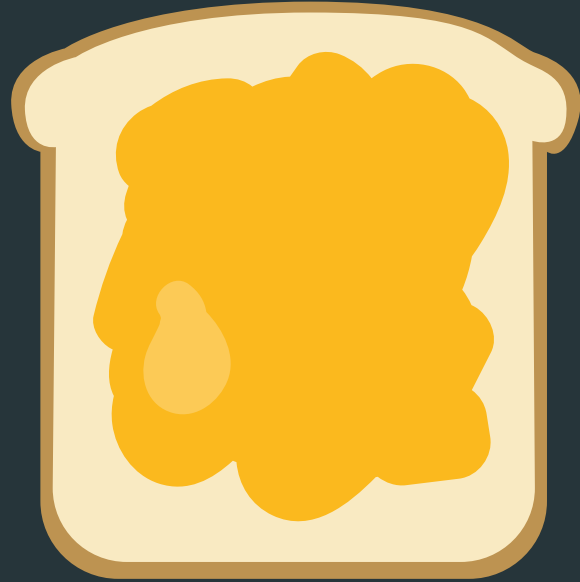




# CARB FOODS DURING THE DAY



# CARB FOODS PRE-TRAINING



# MACRONUTRIENTS

## PROTEIN

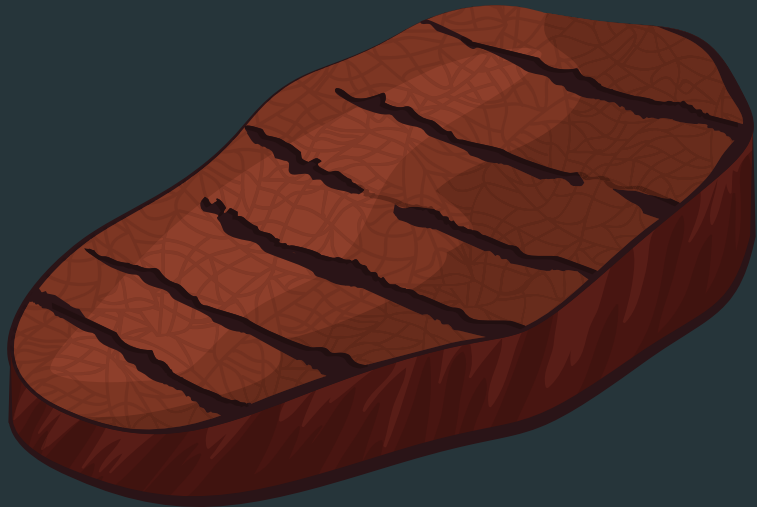
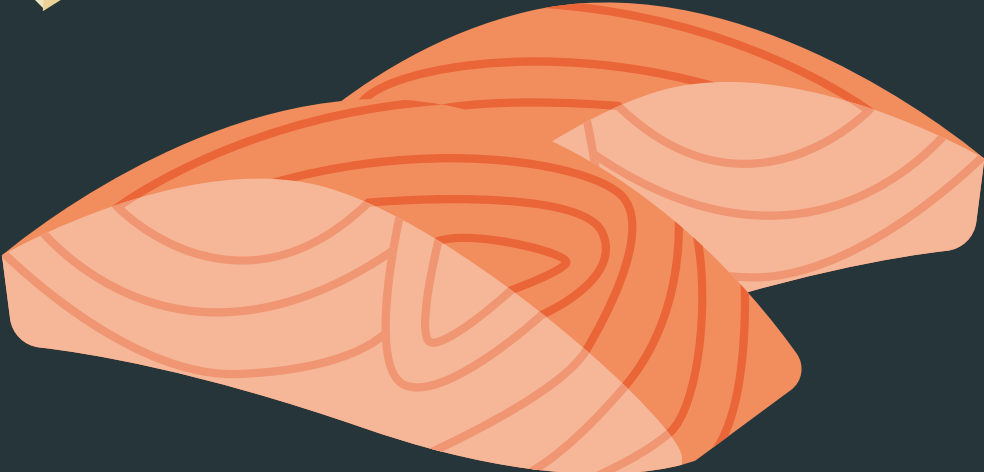
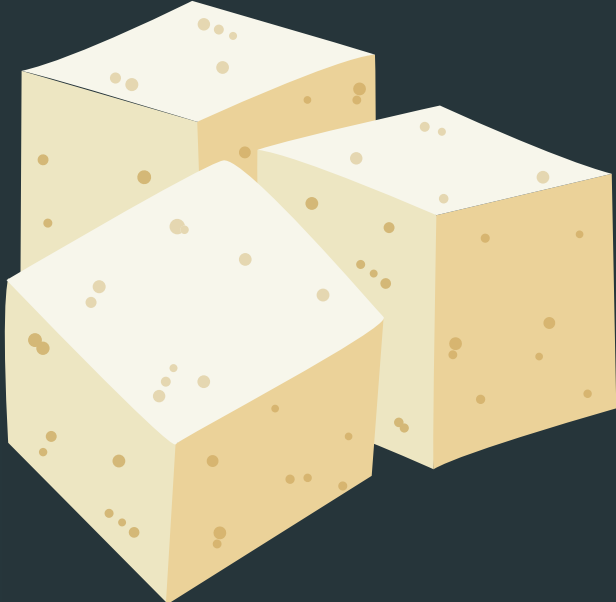
- RECOVERY
- ADAPTATIONS



# PROTEIN FOODS



# PROTEIN FOODS

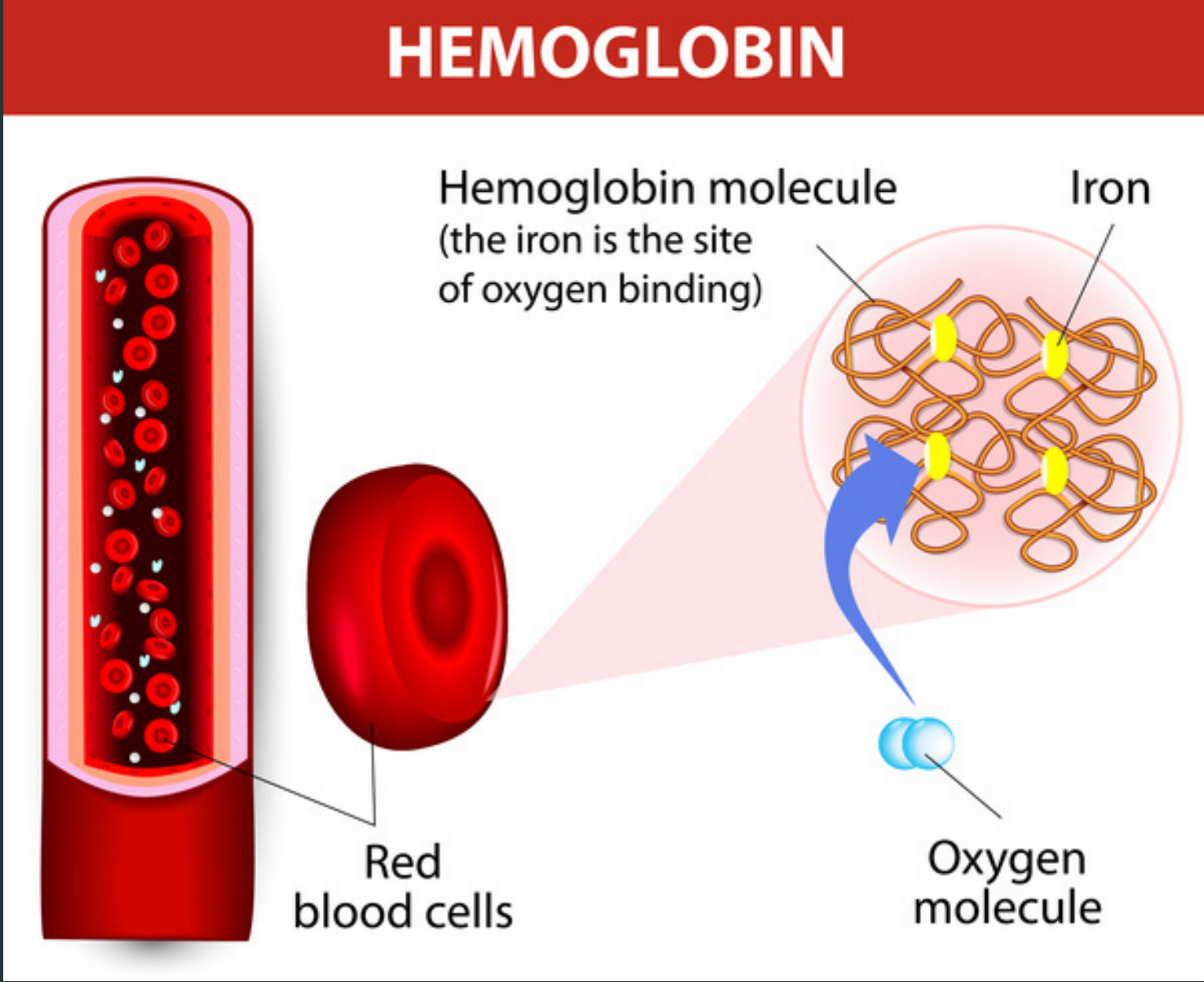


# MICRONUTRIENTS = ENGINE PARTS

IRON  
B VITAMINS  
OMEGA-3  
ANTIOXIDANTS  
CALCIUM  
OTHER FOOD  
COMPOUNDS



# IRON CARRIES OXYGEN



# B6 - WIDE RANGE



# B12 - ANIMAL PRODUCTS



# B VITAMINS (B6 & B12)

ENERGY  
IMMUNITY  
BRAIN FUNCTION





**OMEGA 3**  
**RECOVERY**  
**STRENGTH**  
**MUSCLE MASS**  
**BRAIN FUNCTION**





**ANTIOXIDANTS**  
**(Vitamin A, C, E,**  
**colour pigments)**



**RECOVERY**  
**ADAPTATIONS**  
**BRAIN HEALTH**  
**LITERALLY EVERYTHING**





**CALCIUM**  
**BONE HEALTH**  
**MUSCLE CONTRACTION**  
**(plant milks: 300mg per  
serve)**

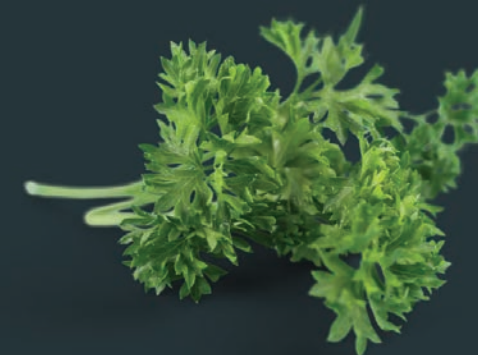
# PROBIOTICS



# CREATINE



# NITRATES



# OTHER FOOD COMPOUNDS

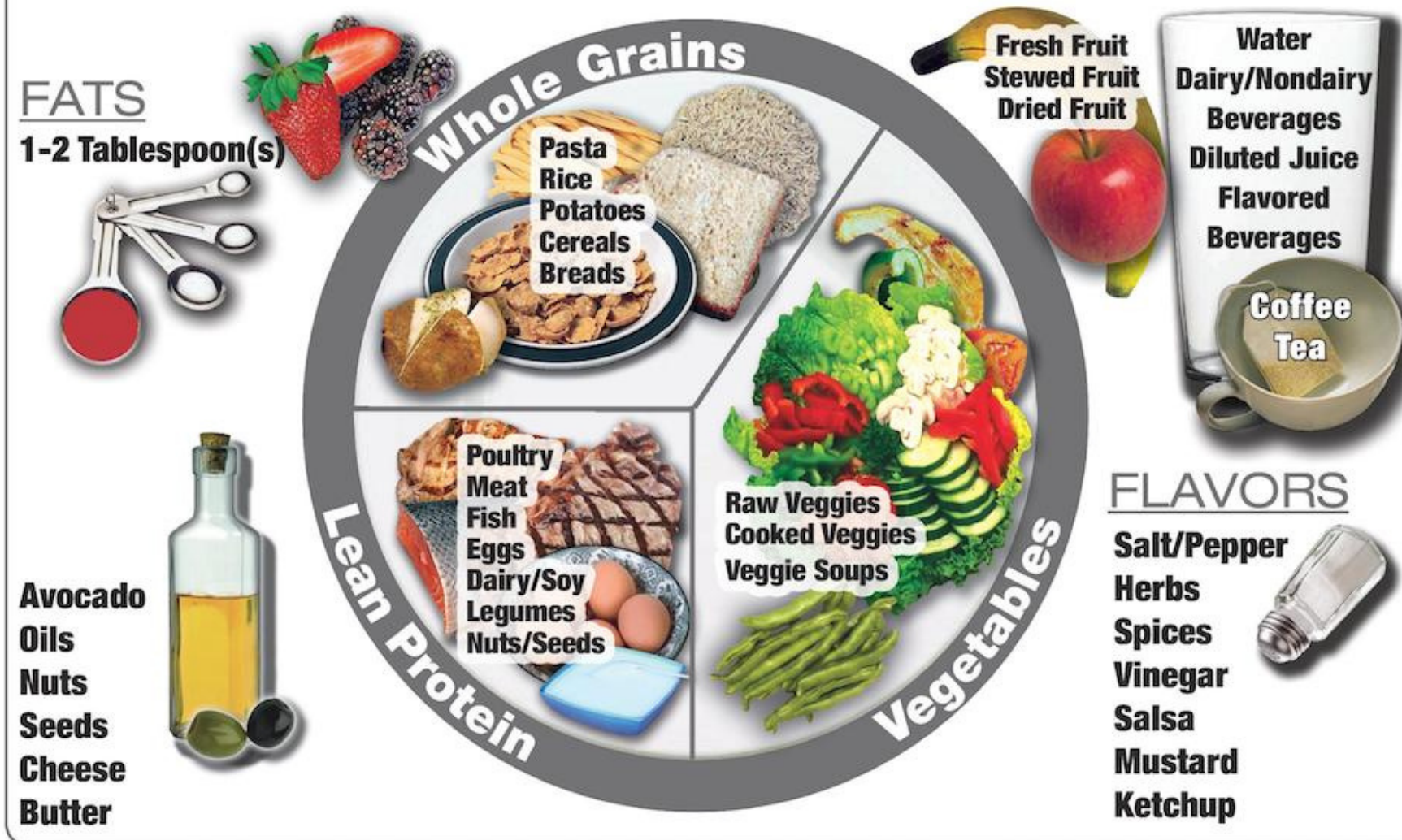
PROBIOTICS

CREATINE

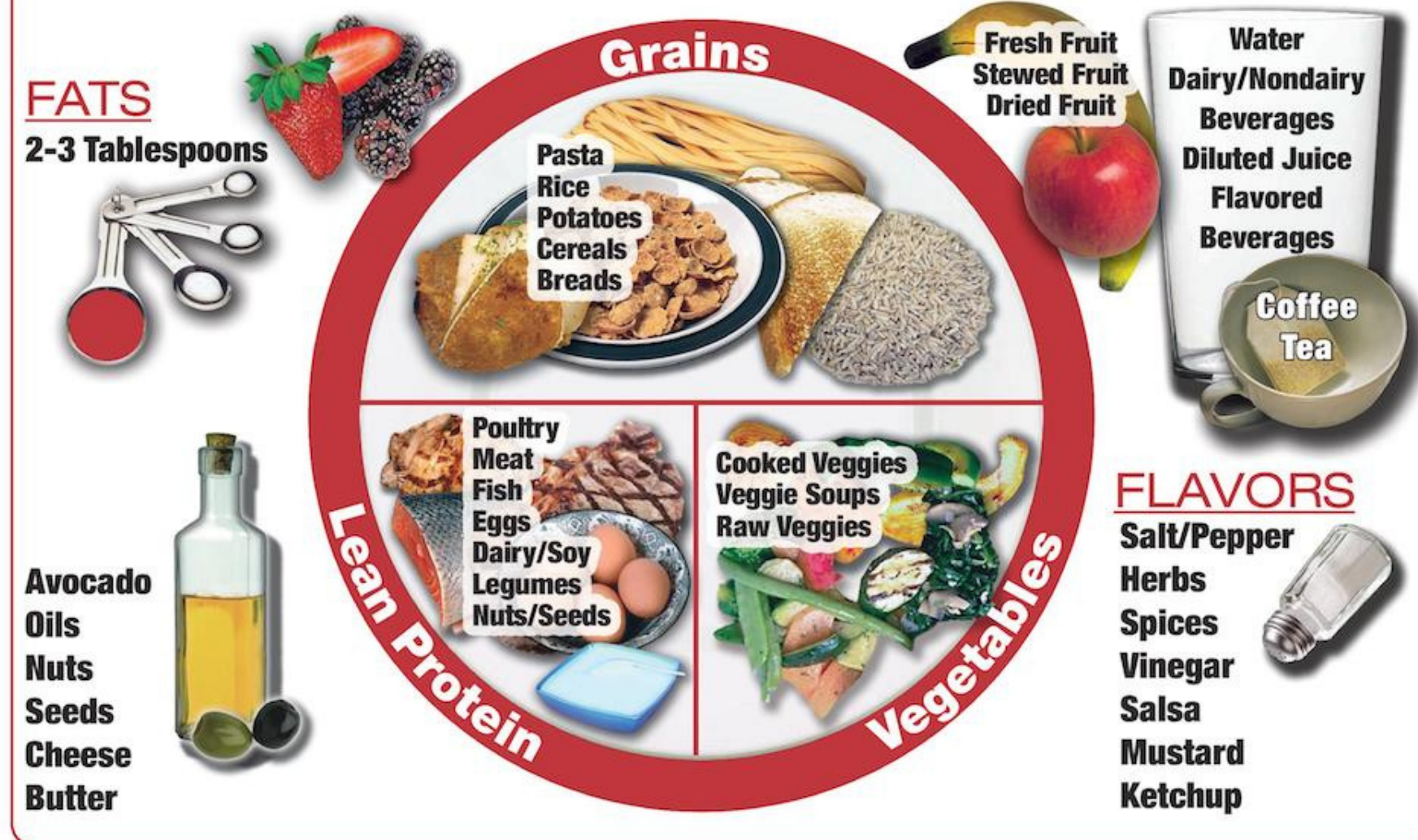
NITRATES

# HOW TO WE TICK ALL THE BOXES DAY TO DAY?

## MODERATE TRAINING:



## HARD TRAINING:



**ANY QUESTIONS?**

**ALL BODIES SERVICES**

**HANNAH WILSON**

**JOEL LUDWIK**

**ALL BODIES SPECIAL DEAL**

**CAPALABA BULLDOGS**

**EXCLUSIVE...**