UEFA Expert Group Statement

Match day nutrition in elite football

Reference: Collins et al. BJSM 2020

1 On the day prior to a match (MD-1), MD and MD+1, carbohydrate (CHO) intake should be increased to elevate muscle glycogen stores

6-8

g/day/kg body mass (BM)

2 Intake is often lower than this and a conscious effort should be made to increase CHO intake at the cost of fat intake (and possibly protein intake)

3 3-4 h before a match a meal should be ingested that is high in CHO (**1-3 g/kg BM**) to replenish liver glycogen stores

4 Start the match fully hydrated by consuming **5-7 ml/kg BM fluid 2-4 hours prior to kick-off**. Drink sufficient fluids to prevent significant dehydration by developing an individualised plan based on sweat losses

5 Following the warm-up and during the half-time interval an intake of around **30-60 g CHO** is recommended

6 **Start the restoration of glycogen stores and muscle repair** as soon as possible after a match by providing **~1 g/kg BM/h of CHO for 4 h** plus **20-25 g of high-quality protein at 3-4 h intervals**

7 Supplementation with high doses of antioxidant compounds in recovery may interfere with adaptive processes within the muscle and is therefore discouraged

8 Adjust these guidelines to the level of the player

A recreational player will generally cover less distance, expend less energy and sweat less; their nutritional needs will be somewhat lower

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