



BEARS PATHWAY

NUTRITION HANDBOOK

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BASICS



ENERGY

Our nutrition (what we eat and drink) provides us with the energy and nutrients we need to support our health and performance as athletes.

Not only do we need to eat enough energy and nutrients to support growth and development, we also need enough to fuel for training, performance and maximise recovery.

A simple way to help us meet our energy needs is by having at least 3 balanced meals per day, plus 2-3 snacks in between.



MEAL 1

SNACK 1



MEAL 2

SNACK 2



MEAL 3

SNACK 3



BASICS



NUTRIENTS

It's not just about getting enough energy, we also need to get enough nutrients from the food we eat for our growth, health, performance and recovery. This means the quality of what we eat and drink is also important.

A good way to get the nutrients we need is to aim to consume at least 5-7 portions of fruit and veg per day. This may seem like a lot, but you can be smart and sneak this into your daily routine.

EXAMPLES OF DOING THIS INCLUDE:

- Having 1-2 portions of fruit and/or veg at each meal
- Including fruit or veg in snacks (e.g., yoghurt with fruit, or hummus with a pita, carrots and cucumber)
- Stirring fresh, frozen or dried fruit into porridge, cereals and yoghurt
- Making smoothies
- Having tomato-based pasta sauce over cream-based ones
- Adding extra veg (such as spinach) to pasta or fajitas, and/or serving them with a side salad
- Adding salad to sandwiches and wraps
- Using sweet potatoes as well as white potatoes
- Having mashed carrots/swede/parsnips as well as potatoes



BASICS



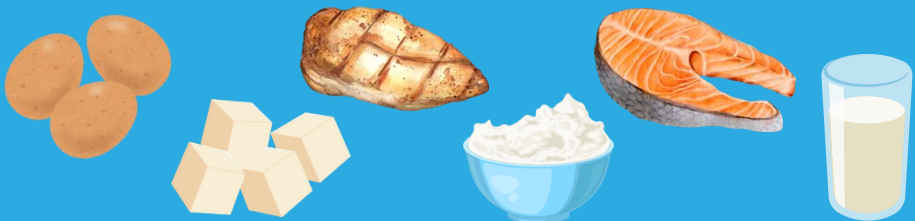
BALANCE YOUR PLATE

Athletes also need enough carbohydrates, protein and fats. Carbs provide the energy needed to perform (they fuel and refuel us before and after training), protein helps us repair and recover and healthy fats are important for our overall health.

CARBS



PROTEIN



FATS



BASICS

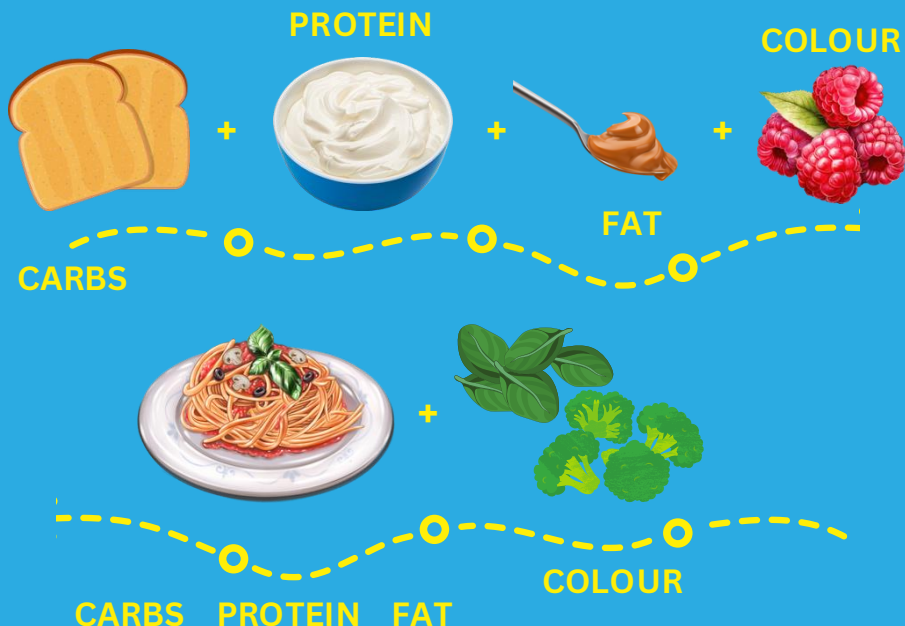


BALANCE YOUR PLATE

An easy way to ensure we're getting enough carbs, protein, fat and colour (fruit/veg) is to start thinking about building balanced meals and snacks.

A balanced meal includes carbs, protein, fats and colour. Most of your meals may already be quite balanced (e.g., yoghurt with fruit, granola and nuts/seeds provides all 4 of these things, so does chicken fajitas with guacamole and salad). Notably, fats are needed in much smaller amounts compared to protein, carbs, and colour - so prioritise your carbs, protein and fruits/veggies as fats usually take care of themselves!

Start to look at your meals and snacks to see if anything is 'missing'.



TRAINING

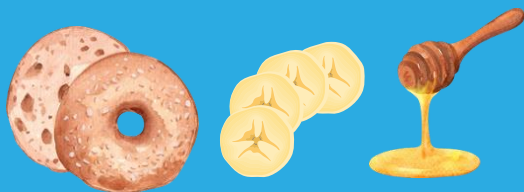


FUELLING

We need to fuel our training, especially hard or intense sessions. Fuelling well means we have enough energy for the session and don't feel overly full. Pre-training we need to prioritise carbohydrates that are easy to digest (balancing our plate is a little less important when we're fuelling).

Everyone is different in what they like to eat/can easily digest before exercise. However, generally easy-to-digest carbs include: bread, pasta, rice, crackers, rice cakes, cereal bars, bananas, honey and sports drinks. See below some easy snacks to have 1-2 hours pre-training to fuel you.

Training is a great opportunity to figure out which foods you like to have before cricket/which make you feel energised so you can pack them on match day!



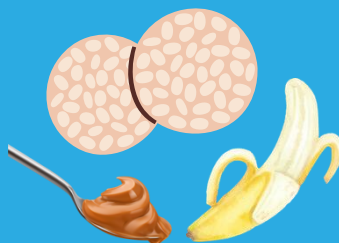
BAGEL, BANANA & HONEY



YOGHURT & GRANOLA



**CEREAL BAR &
FRUIT SMOOTHIE**



**RICE CAKES,
PB & BANANA**

TRAINING



REFUELLING

After training (especially intense sessions) we need to refuel to 'kick-start' our recovery. We need both protein (to repair) and carbs (to refuel) to optimise recovery. Ideally, we'll get a snack with carbs and protein within 30-60 minutes post-training (as this is when our bodies are most primed to refuel) and then a meal with carbs and protein 1-2 hours later as well.

Post-training we don't need to worry so much about our carb options being easy to digest, so good options post-exercise include wholegrain pasta, brown rice, quinoa, sweet potatoes, oats, fruit and veggies.

Here are some examples of good post-training snacks (to have within 60 mins) and meals (to have 1-2 hours later).



MILK & BANANA



CHOC MILK



SMOOTHIE



YOGHURT & FRUIT



CHICKEN OR VEGGIES
FAJITAS & SALAD



RICE BOWL WITH
MEAT/FISH/TOFU



CHICKEN/FISH/BEAN
PASTA WITH VEG

TRAINING



HYDRATION

We also need to ensure we're staying hydrated throughout the day for our health and performance. We want to head into training and matches hydrated, maintain hydration throughout and rehydrate after too.

The easiest way to stay hydrated is to sip on water throughout the day and check the colour of your urine when you go to the bathroom. It should be a pale yellow colour. If it's darker then try to drink a little more.

For intense and sweaty training sessions, batch-tested electrolytes help to hydrate and replace the salts lost. PLEASE SEE THE SUPPLEMENT SECTION FOR MORE INFORMATION ON ELECTROLYTES.

Great work!



HYDRATED

DEHYDRATED

Let's rehydrate

MATCH DAY



FUELLING

Performance is priority on match day. Cricket can be tricky to fuel for as you never know what your workload might be (e.g., you could get 10 runs or 100 runs). It's important to do what works for YOU on match day.

Generally, the best way to approach match day is to: have foods you know you tolerate and digest well, keep your energy (carbs) topped up throughout the day, stay hydrated and refuel well afterwards (for recovery).

MATCH DAY BREAKFASTS



OATS WITH MILK,
BANANA & HONEY



GREEK YOGHURT,
GRANOLA & FRUIT



VEGGIE OMELETTE WITH
TOAST & FRUIT JUICE

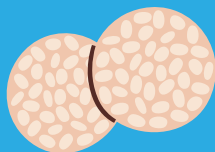
MATCH DAY



FUELLING

It's a good idea to keep snacks and drinks in your bag so that you can keep your energy topped up throughout the day. You can also have a sports drink to sip on in between overs when you are bowling or run out to you when you're batting rather than just having water.

MATCH DAY SNACKS



RICE CAKES



CEREAL BARS



BANANAS



SPORTS DRINKS



BANANA BREAD



MALT LOAF



FIG ROLLS



SATSUMAS

MATCH DAY



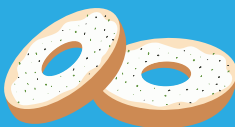
REFUELLING

Refuelling after matches is very much the same as refuelling after training. Remember you can also refuel when YOU need to (you don't always have to wait for the rest of the team). For example, if you have batted in the 2nd innings and gotten out after scoring runs, you can refuel with a snack when you're back in the pavilion and then have a meal post-match once the game is finished (rather than just waiting until the end of the match).

Here are some good snack options you can pack for recovery.



CHOC MILK



CHICKEN/CHEESE
BAGEL



SMALL JAR OF
OVERNIGHT OATS



YOGHURT/GRANOLA
POT



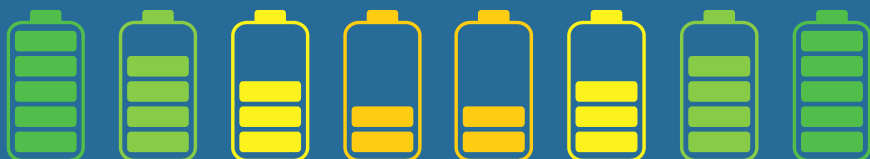
SMOOTHIE

MATCH DAY



HOW TO APPROACH MATCH DAY:

1. Hydrate when you wake up with a large glass of water
2. Have a breakfast with a good amount of carbs
3. Pack a snack to have 1-2 hours before the start of the match
4. Keep snacks in your bag so you can keep your energy stores topped up throughout
5. Stay hydrated - use batch-tested electrolytes where advised (see supplements section)
6. Opt for foods you know you tolerate well at lunch
7. Refuel within 30-60 mins with a snack and then 1-2 hours later with a meal with carbs and protein (as you would post-training)



TRAVEL



BARRIERS

Travelling to and from matches and training can present some barriers to our nutrition. These often include keeping food fresh, having limited time and having to buy things on the go.

Below are some ideas to help you overcome these but remember there's no such thing as 'perfect' and good nutrition is just about making the best choices you can (to support yourself as an athlete) more often than not. Every food has something to offer us - it's just that we want some in greater quantities than others in order to support our health and performance.

IDEAS FOR TRAVEL



PREP FOOD/SNACKS IN
ADVANCE



USE FOOD/DRINK FLASKS TO KEEP
FOOD/DRINKS HOT OR COLD



KEEP SNACKS IN YOUR
BAG AND CAR



+



+



APPLY WHAT YOU KNOW TO MAKE THE BEST
CHOICE YOU CAN WHEN GETTING FOOD ON
THE GO (E.G. A CHICKEN & SALAD WRAP
WITH A YOGHURT & SMOOTHIE)



SUPPLEMENTS

WCCC POLICY

- We prioritise and encourage a ‘food first’ approach, especially with our pathway players. This means that where possible we will get what we need from our diet (rather than from supplements).
- We are passionate about our young cricketers developing the nutrition foundation, skills, mindset and knowledge to support them throughout their careers.
- Please don’t take supplements unless advised to you by a healthcare professional.
- Any supplements used **MUST** be batch-tested in compliance with anti-doping (more information can be found here: <https://www.ukad.org.uk/athletes/managing-supplement-risks>).



world
anti-doping
agency



SUMMARY

As mentioned in the travel section, there is no such thing as 'perfect' nutrition. Good nutrition is all about making the best choices you can to give yourself everything you need to support your health, performance and enjoyment! We want our cricketers to feel strong, energised and informed. We want them to be empowered with good nutrition knowledge, have a great relationship with food and enjoy their nutrition.

If you have any questions on anything in this handbook please don't hesitate to ask Club Nutritionist, Rachel Chesters (rachelchesters@edgbaston.com)

