



21 RECOMMENDED FOODS FOR FOOTBALL



21 FOODS

EVERY FOOTBALLER SHOULD EAT

Protein

Kidney Beans

When you think of Protein the first thing that pops into your head is probably meat sources. However, kidney beans are a great plant source of protein that you should add to your diet. They are also high in fibre, vitamins and antioxidants and may help improve blood sugar levels, weight loss and colon health.

Eggs

A great source of high-quality protein (and very cheap) are eggs. They are high in vitamin B2, B6, D and minerals copper, zinc and iron.

The majority of protein and vitamin B12 is found in the egg white, which has a lower amount of fat than the egg yolk.

Chicken

One of the most common sources of protein in a player's diet is chicken. This is because chicken doesn't contain much fat and is known as a lean meat. So, as well as providing your body with protein for recovery, it can also help you work towards your ideal physique without drastic dieting. Chicken is also high in phosphorous and calcium which are essential in a healthy diet.



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Red Lentils

Red lentils are a powerhouse when it comes to protein per serving. More than 30% of its calories are made up of muscle building protein, which is even higher than beef. And the best thing is they are super cheap compared to meat sources. They are also a great source of fibre, B Vitamins, zinc and iron.

Salmon

Salmon is known as an oily fish and is a great source of lean protein. It also contains omega-3 fatty acids, which help to reduce inflammation that could affect a players training and performance. Nutritionists suggest that players should aim to eat seafood twice a week, to receive these inflammatory benefits.

Yoghurt

Yogurt is a great source of protein that can be eaten for breakfast, dessert or a snack. It also contains calcium which is important for building strong bones.

Vegetables

Broccoli

Not always considered the most exciting of vegetables, broccoli should never be overlooked in your diet. Broccoli is packed full of vitamins and minerals including vitamin C, beta-carotene, iron, potassium, Vitamins B1, B2, B3, iron and zinc. Whilst also being a great source of fibre and very low in calories.

Red Cabbage

A great vegetable for improving your brain function is Red Cabbage. It contains more vitamin K and anthocyanins than white cabbage and could be key for players by helping to improve concentration at training and in matches.



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Green Beans

Fresh, green, and crunchy. These low-calorie vegetables provide a great source of fibre, vitamin C, K, folate and silicon which helps with healthy bones.

Spinach

Famous as the superfood that gave Popeye super strength, spinach is really as good as its reputation suggests. These leafy greens provide vitamin A, Vitamin K, Vitamin C, folate, magnesium, manganese, iron and Vitamin B2. Which are all essential for a footballer's diet.

Kale

What healthy diet doesn't include Kale? This is one of the must haves, whether in a salad or in your morning smoothie, you need to find a way to fit it in your diet. It's high water and fibre content helps promote a healthy digestive tract. While also containing high amounts of vitamin C and Vitamin B which helps with Iron absorption, helping to convert food into energy.

Carrots

Carrots are not just for rabbits, they are packed with vitamins, minerals and fibre, most notably Vitamin A, and antioxidants. Research suggests that carrots can help reduce cardiovascular disease and even reduce the risk of cancer.

Smart Carbs

Red Potatoes

You may not be that familiar with Red Potatoes, but they are in fact the healthiest of all potatoes. They contain the highest amount of healthy phytochemicals, vitamins and minerals when comparing to all other types of potatoes.



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They also provide choline (which improves brain health) and lutein (which improves eye health). One large red potato provides 50% of your daily vitamin B recommendation and 30% of your daily niacin (which helps digestion and gains energy from food).

Plus one red potato contains 1,670 milligrams of potassium, compared with a banana which contains only 422 milligrams. But remember to keep the skin on for added health benefits.

Sweet Potatoes

Despite its name, the sweet potato won't cause a spike in your blood sugar. It actually contains so much fibre that it helps with weight management and blood glucose control.

They are also high in manganese which helps to form bones, connective tissue and blood clotting hormones.

Sweet potato is great to add to your post workout meal and if you add a little cinnamon on top. This creates an anti-inflammatory effect and helps your muscle recover faster.

Brown Rice

The whole grains in brown rice make it a great healthy alternative to white rice. It is also high in fibre, which helps lower cholesterol, makes you feel fuller and improves your digestion.

Quinoa

Quinoa is a plant food that's high in protein and contains all nine essential amino acids. However, that's not all, it's also high in B vitamins, potassium, iron, calcium, vitamin E, magnesium, fibre, and phosphorus.



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Chickpeas

Chickpeas are packed full of protein, fibre, vitamins and minerals. They also improve digestion, reduce the risk of several diseases and are great in helping players manage weight. These are a great meat substitute for vegans and vegetarians.

Butternut Squash

This tasty vegetable will add a little variety to your diet and will keep in the fridge for many months. It is a great source of several key nutrients including potassium and fibre. Adding this to your diet will help regulate your blood pressure, healthy skin and hair and digestion, ensuring your body can perform at optimal levels.

Healthy Fats

Extra Virgin Olive Oil

This is a great source of antioxidants and has been proven to reduce the risk of heart disease and strokes.

Raw Avocado

If you can take anything from this list, make sure you include avocado in your diet. They are a true superfood and taste delicious. They are full of healthy fats, vitamin C, E, K and B-6. They also provide folate, riboflavin, magnesium, pantothenic acid, potassium, niacin, omega-3 fatty acids, beta-carotene, and lutein. We suggest having half an avocado a day if possible.

Chopped Almonds

Almonds are a great snack or perfect to add to salads and dishes. They are full of healthy fats, protein, fibre, vitamin E, potassium, calcium and magnesium. Almonds can also help lower cholesterol and decrease the risk of heart disease.

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