



BIRMINGHAM CITY FOOTBALL CLUB
NUTRITIONAL SUPPORT
FOR
RAMADAN



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TIMELINE

3-4 WEEKS BEFORE RAMADAN:

- If possible, eat normal breakfast but push back lunch by 2 hours each week
- During training replicate nutrition intake as if it were Ramadan (this trains your body to digest and absorb the nutrients better)

| TIME | EVENT | RECOMMENDATIONS |
|-----------------|---------------------------|--|
| 05:00 | Suhoor | <p>AIM: Promote energy stabilization, prevent feelings of fatigue and hunger, maintain muscle/bone adaptation and repair across the fast.</p> <ul style="list-style-type: none"> • Large amount of slow-release carbohydrates rich in fibre • Dairy protein source • Lots of healthy fat • Fluid with calories and electrolytes • Avoid soft drinks or sodas • Multivitamin • Omega-3 • Tart cherry juice |
| 06:00 -19:00 | Fasting | <p>AIM: Limit fluid loss and energy expenditure.</p> <ul style="list-style-type: none"> • Maintain in a climate-controlled room • Pour water over skin to cool down and limit fluid loss (through sweat) during training in a hot environment • Try and maintain sedentary lifestyle |
| 20:00 | Training- Iftar | <p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid. Stimulate protein synthesis for muscle/ bone adaptation and repair.</p> <ul style="list-style-type: none"> • Break the fast with traditional dates • Carbohydrate-electrolyte drink • Fast-releasing protein (high in whey) low in fat |
| 2100 | Immediately Post Training | <p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid.</p> <ul style="list-style-type: none"> • Fast-releasing carbohydrates low in fibre • Fluid containing carbohydrate and electrolytes |
| 22:00 | Large Meal | <p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid. Stimulate protein synthesis for muscle/ bone adaptation and repair.</p> <ul style="list-style-type: none"> • Fast-releasing carbohydrates low in fibre and fat • Protein low in fat • Fluid containing carbohydrate and electrolytes • More starchy vegetables and less non-starchy vegetables |
| 23:00 | Pre-Bed Snack | <p>AIM: Stimulate muscle/bone repair and adaptation overnight, maintain fluid balance overnight, and enhance sleep quality.</p> <ul style="list-style-type: none"> • Full fat dairy protein source • Tart cherry juice |

SUHOOR

AIM:

Promote energy stabilization, prevent feelings of lethargy and hunger, maintain muscle/bone adaptation and repair across the fast.

HOW:

- Consume ~3g/kg/BM of slow-releasing carbohydrate high in fibre and fat
- Consume 25-30g slow-releasing protein (dairy source and high in fat)
- Drink 600-900ml fluid high in electrolytes (drink frequent small drinks rather than one large drink)
- Take a Multivitamin
- Incorporate lots of healthy fats including omega-3
- 30ml Tart Cherry Juice

WHAT DOES THIS LOOK LIKE?



1 Rego Cherry Juice Gel from Science in Sport

1 A-Z Multi-Vitamin from Healthspan Elite

Large Bowl of Cereal/ Porridge/Granola/Muesli with Full Fat Milk/ Yoghurt

Large Smoothie E.g., Base plus 1 Mango, 1 Tbsp Oats and 2 Tbsp Peanut butter (see below for more)

HOW TO BUILD A SMOOTHIE:

BASE



PICK A GRAIN



PICK A PORTION OF SLOW RELEASE:



PICK A HEALTHY FAT:

- » 150ml Milk
- » 1 Large or 2 Small Bananas
- » 1 Tbsp Honey
- » ~125g Full Fat Greek Yoghurt
- » 2 Tbsp Flax and Chia Seeds



- » 1 Tbsp Oats
- » 1 Tbsp Granola

- » 1 Mango
- » 6 Kiwi
- » 3 Apples
- » 3 Peaches
- » 3 handfuls of cherries



- » ½ Avocado
- » 2 Tbsp Peanut Butter
- » 4 Tbsp Coconut Cream

IFTAR

AIM:

Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid. Stimulate protein synthesis for muscle/ bone adaptation and repair.

HOW:

- Break the fast with traditional dates, plus 20-25g of fast-releasing protein (low in fat and high in whey) and some additional carbohydrate.
- Throughout the rest of training sip on a carbohydrate-electrolyte drink delivering ~30g carbohydrate and 500-800ml fluid

WHAT DOES THIS LOOK LIKE?



5 Dates



Scoop of SiS Rego Recovery



Glucose Drink



IMMEDIATELY AFTER TRAINING UNTIL MAIN MEAL:

- Consume 1.5g/kg/BM fast-releasing carbohydrate low in fibre and fat
- Drink small sips of fluid containing carbohydrate and electrolytes

WHAT DOES THIS LOOK LIKE?



300ml
Pineapple Juice



4 Rice cakes
with a generous
spread of Jam

MAIN MEAL (ONE HOUR AFTER TRAINING):

- Consume ~2.5g/kg/BM of fast-releasing carbohydrate low in fibre and fat
- Consume 25-30g protein low in fat
- Consume more starchy vegetables and less non-starchy vegetables
- Drink 600ml fluid high in electrolytes per hour (drink frequent small drinks rather than one large drink)
- Try and limit fatty foods to the end of the meal to prevent feeling full quickly (fat fills you up quickly)

WHAT DOES THIS LOOK LIKE?



Water with Electrolyte Tablet



1/2 Plate full of Rice & Mini Naan Bread



Breast of Chicken



1/3 plate of Chickpeas, Peas & Butternut Squash



Serving of Pakora (towards end of the meal as higher in fat)

BEFORE BED (30 MINS BEFORE):

- Consume 25-30g of protein (full fat dairy source) to maintain muscle and bone repair and adaptation overnight
- 30ml Tart Cherry Juice to improve quality of sleep

WHAT DOES THIS LOOK LIKE?



1 Rego Cherry Juice Gel from Science in Sport



Pint of milk/300g Greek Yoghurt



If struggling to consume milk/ yoghurt after big meal try halving the amount and adding 15g of 'slow-release casein' protein powder



1/2 Pint of milk/150g Greek Yoghurt and 15g Slow-Release Casein Protein Powder



SLOW-RELEASE CARBOHYDRATES



HIGH FAT



HIGHEST FIBRE

AIM:

- To consume 3g/kg/BM (e.g., 50kg player requires 150g) slow-release carbohydrates during Suhoor.
- Slow-release carbohydrate sources high in fat and fibre are best during Suhoor as they take longer to digest and will keep you full for longer.
- (If struggling to consume so much high fibre and fat foods during Suhoor, consume a low fat and fibre carbohydrate first then have high fat and fibre source)



All-Bran Cereal (~40g CHO in 80g Serving)



Porridge (~45g CHO in large bowl with whole milk)



Oats (~22g CHO in 40g)



Muesli (~40g CHO in 70g Serving)



Granola (44g CHO in 70g Serving)



Special K (45g CHO in 60g Serving)



Weetabix (26g CHO in 2 pieces)



Whole-Milk (7g CHO per 150ml)



Crumpet (~17g CHO)



Full Fat- Greek Yoghurt with honey (~10g CHO per)



Full Fat- Greek Yoghurt (~5g CHO per 100g)



Peach (10g CHO)



Apple (~13g CHO/ 10g CHO per 100ml)



Large Pear (~21g CHO)



Honey (5g CHO in 1tsp)



Large Banana (~20g CHO)



Orange (~8g CHO/8g in 100ml)



Kiwi (~5g CHO)



Mango (~11g CHO per handful)



Plum (~5g CHO)



Dried Apricots (~21g CHO in a handful)



Grapefruit (10g CHO)



Cherries (~12g CHO in a handful)



New Potatoes (~30g CHO in 1/4 plate full)



Pasta (~46g CHO in 146g portion)



Pitta Bread (~30g CHO)



Quinoa/ Couscous (~30g CHO in 1/4 plate full)



Basmati Rice (~37g CHO in 1/2 a pack)

FAST-RELEASE CARBOHYDRATES



LOW FAT



LOW FIBRE

AIM:

- To consume fast-release carbohydrates during Iftar.
- Sources low in fat and fibre are in particular good during Iftar as they are quick to digest providing rapid energy and are less filling allowing a high amount of food to be consumed before feeling full.



Medium Slice White Bread (~15g CHO)



Bagel (~50g CHO)



Mini Naan Bread (~30g CHO)



1/2 Baguette (~48g CHO)



Rice Krispies (~35g CHO in a 40g serving)



Corn Flakes (~38g CHO in a 45g serving)



Cocoa Pops (~38g CHO in a 45g serving)



Sultana Bran (~27g CHO in a 40g serving)



Rice/Oat Milk (~14/11g CHO per 100ml)



Cream Cracker (~6g CHO)



Rice Cake (~6g CHO)



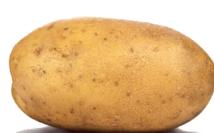
Jasmine Rice (~44g CHO in 1/2 a cup)



Arborio Rice (~57g CHO in 75g dry serving)



Long Grain Rice (~57g CHO in 75g dry serving)



White Potato; mashed, baked, fried or roasted (~50g CHO in per medium 250g potato)



Dried Dates (~5g CHO in per date)



Melon (~11g CHO in handful)



Watermelon (~10g CHO in 4 pieces)



Pineapple (~4g CHO in slice/~10g CHO in 100ml)



Vegan Fruit Sweets (3g CHO per sweet)



Sport Drinks (32.5g CHO in 500ml drink)



Jam (~14g CHO per Tbsp)

VEGETABLES

● **STARCHY VEGETABLES**

● **NON-STARCHY VEGETABLES**

AIM:

- Vegetables can be classified into starchy and non-starchy vegetables.
- Non-starchy vegetables are higher in fibre which take longer to digest and easily fill you up (which may prevent the consumption of needed calories).
- During Iftar aim to consume more starchy vegetables and less non-starchy vegetables.



BUTTERNUT SQUASH



BEETROOT



SWEETCORN



RED KIDNEY BEANS

NAVY BEANS



BLACK BEANS



PARNSIP



PEAS



CHICKPEAS



LENTILS



TURNIP



ASPARAGUS

CAULIFLOWER



MUSHROOMS

SPINACH



BROCCOLI



SPROUTS



KALE

COURGETTE



CUCUMBER



AUBERGINE

CELERY



TOMATO



ONION

PEPPER



SALAD GREEN



LEEK



SQUASH



PROTEIN

● HIGH IN CASEIN
 ● HIGH FAT
 ● LOW FAT
 ● HIGH IN WHEY

AIM:

- To consume protein sources high in fat and casein (casein is in all dairy products) during Suhoor and before bed. Protein sources high in casein and fat take longer to digest delivering a slower sustained release of protein.
- Aim to consume protein sources low in fat and high in whey during Iftar (these sources are rapidly digested providing a quick release of protein).



SKYR Yoghurt
(16g protein per 150g)



Full Fat Greek Yoghurt
(~8g protein per 150g)



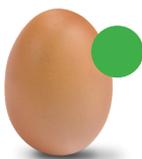
Full Fat Milk
(5g protein per 150ml)



Babybel
(5g protein)



Cottage Cheese
(10g protein per 100g)



1 Egg
(6g protein)



Tuna Can
(35g protein)



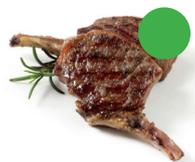
Biltong
(13g protein in 25g pack)



Chicken/Turkey Breast
(30g protein)



5% Fat Mince Beef
(20g protein per 100g)



Lamb Chop
(25g protein)



Salmon Fillet
(34g protein)



**Peanuts/Almonds/
Pumpkin Seeds**
(7g protein per handful)

Always try and get protein through a food first approach (especially as a young athlete you should be able to get enough protein in your diet through food sources). However, protein supplements can be useful in situations where you are struggling to reach your protein targets. Specifically, during Ramadan, a protein supplement (Whey or REGO recovery) may be useful during training when you break the fast (as a refined source of protein it is easier to digest therefore preventing gastrointestinal issues while also providing an immediate source of protein). Although, you must make sure the protein supplement is batch-tested (Informed-Sport) this ensures you are getting what it says on the label and does not contain any harmful/illegal substances! All 'Science in Sport' and 'Nutrition X' products are batch tested. Only the 'Elite' products from 'My Protein' are batch tested.



SIS WHEY PROTEIN



SIS REGO RAPID RECOVERY



MY PROTEIN SLOW-RELEASE CASEIN ELITE



MY PROTEIN WHEY PROTEIN ELITE



NUTRITIONX NIGHT-TIME PROTEIN

HEALTHY FAT

HIGH IN OMEGA-3

AIM:

- Fat takes the longest to digest out of all nutrients (carbohydrate and protein therefore it provides the slowest release of energy, fills you up the quickest and fills you up for the longest period of time).
- Aim to consume more fat during Suhoor and less fat during Iftar (if consuming high fat foods during Iftar try and consume them last to prevent feeling full quickly).
- Try and incorporate Omega-3 in the diet. Omega-3 has inflammatory properties and can prevent the breakdown of muscle (in particular the fish sources). If fish is not incorporated into the diet, consider an Omega-3 Supplement (2g/2000mg daily) from either Healthspan Elite or Science in Sport.



Olives



Rapeseed Oil



Coconut Oil



Avocado



Almonds



Brazil Nuts



Peanuts



Cashews



Hazelnuts



Pistachios



Walnuts



Sunflower Seeds



Flaxseeds



Chia Seeds



Oily Fish e.g Salmon

HYDRATION

- Fluids high in electrolytes (e.g., sodium, potassium, and calcium) have the best hydrating properties as they help retain fluid in the body and restore electrolytes lost in sweat (water and electrolytes are lost in sweat and if not replaced you will dehydrate). You can get electrolyte tablets from Science in Sport.

MOST HYDRATING



Still Water



Tea



Orange



Milk



Electrolyte Drink

MONITORING

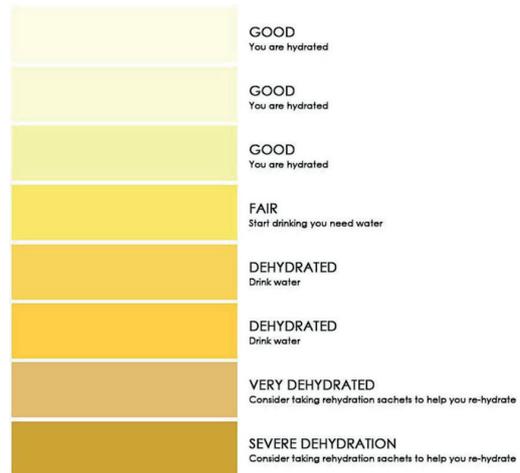
WEIGHT:

Losing a significant amount of weight quickly indicates you are expending more energy than you are consuming. If you notice a large decrease in weight (>3%) energy intake needs to be increased. Although it is important to note body weight will naturally fluctuate in small amounts due to hydration status, the amount of food being digested, and the amount of carbohydrate stored in the muscles. To standardize the measurement always weigh yourself before breakfast.



HYDRATION

Hydration status can easily be monitored through the colour of your urine. If your urine is dark it indicates more fluid and electrolytes should be consumed. In the case of dark urine, try and consider what fluids and electrolytes you have consumed and whether you are able to increase these during Suhoor and Iftar.



MOOD/ENERGY LEVELS:

Feeling tired or easily irritated suggests the body does not have enough energy. Try and monitor how you feel day to day and consider what you have eaten. For example, on a day where you are feeling highly irritated consider what your daily activities were and the food that you consumed. The next time you carry out similar daily activities make sure you consume more food than the previous time!



