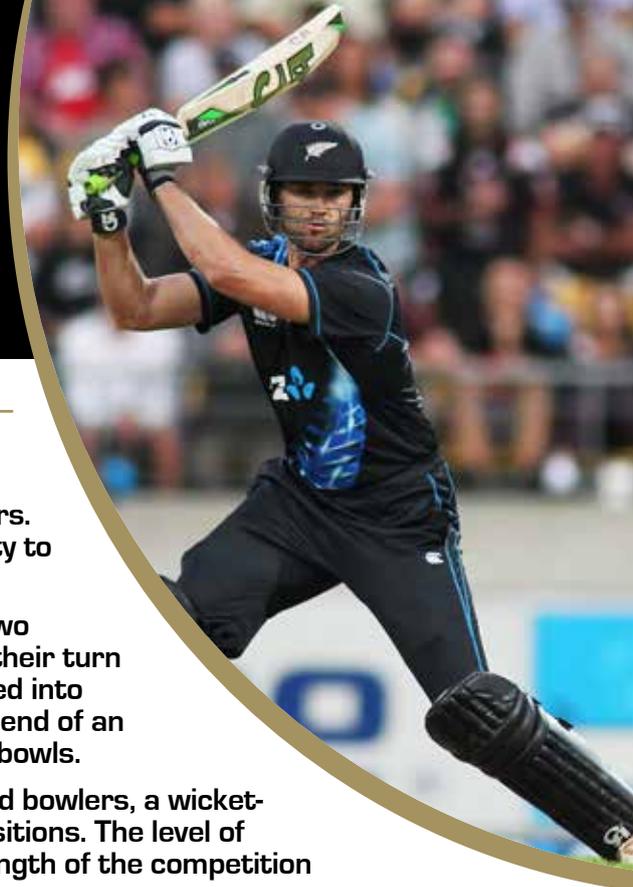


CRICKET

EATING FOR YOUR SPORT



Your sport:

Cricket has been an established team sport for hundreds of years. It is a game of skill, requiring a good level of fitness and the ability to remain focused, often for long periods of time.

The 22 yard (20.12m) cricket pitch takes centre stage where two teams of 11 players compete to score the most runs when it's their turn to bat, better known as their 'innings'. Each innings is then divided into 'overs', each consisting of 6 legal bowls from one bowler. At the end of an 'over' the bowler takes up a fielding position and another player bowls.

Of the 11 players in each team, there are specialist batsmen and bowlers, a wicket-keeper and possibly some all-rounders that can play multiple positions. The level of fitness required is often dependant on the level of cricket, the length of the competition and the positions being played.

Cricket is usually played only in dry weather and play is generally stopped if it becomes too dark for the batsmen to see the ball safely. These requirements mean that in England, Australia, New Zealand, South Africa and Zimbabwe the game is usually restricted to the summer months. In the West Indies, India, Pakistan, Sri Lanka and Bangladesh games are played in the winter.

This Nutrition Advice Sheet is aimed for those who compete and train at a recreational level. Elite players require different nutrition pre and post training and/or competition strategies.

COMPETITION IS STRUCTURED AS EITHER:

1 - TEST CRICKET

Test cricket is a form of international cricket consisting of two innings per side, and these days is restricted to a maximum of five days. The Test cricket series between England and Australia is now called The Ashes.

2 - ONE-DAY CRICKET

Each side's inning is limited to an agreed number of overs (nowadays, usually 40 or 50).

3 - TWENTY20 CRICKET

Twenty20 matches usually start in the evening and last around two and a half to three hours. A Twenty20 match consists of 20 overs for each side. The rules are designed to attract spectators who would not attend the slower paced One-Day games or Test matches.

NUTRITION NEEDS

Nutrition and hydration needs for cricket players can vary enormously. This is due to the varying lengths of play, physical demands depending on the positions played, as well as temperature conditions on the day.

For all players, the fundamental focus for nutrition is to ensure that a balanced and varied diet is maintained as well as being able to vary food and fluid intake depending on the intensity of play by each individual player.

The timing of meals and snacks also becomes an important consideration to provide fuel for optimal training sessions. Planning what to eat and drink is essential in cricket, particularly when training or matches run over several meal times, causing well-balanced meals to be missed. Healthy snacks and drinks therefore need to be packed ahead of time and taken along to the training session or match.



TRAINING DIET:

Cricketers require a varied and balanced diet to meet their needs. They should aim to include:

- Fruits and vegetables every day – aim for a variety of colours
- Breads and cereals – pasta, rice, oats, bread, breakfast cereal, kumara, potatoes and low fat noodles
- Low fat dairy products – milk, yoghurt, creamed rice and cheese
- Lean protein – meat, poultry, fish, eggs, tofu and pulses
- Healthy fats – vegetable oils, nuts, seeds and avocado

CARBOHYDRATE

Players should try to base their meals and snacks on healthy carbohydrate rich foods. This includes oats, grainy breads and crackers, pasta, rice, low

fat noodles and starchy vegetables like potato and kumara. These options can also be helpful to include during long matches, particularly if the player is involved in intensive play.

During and after intense training sessions or matches, additional carbohydrate rich foods and drinks can be helpful to provide additional fuel and help with recovery.

Bagels, wraps, cereal bars and creamed rice are some ideas. Sports drinks may be helpful during long matches, particularly in hot conditions when sweat and fluid losses are likely to be high.

PROTEIN

Including protein in all meals and most snacks will help to meet protein needs. This includes lean meats, fish, chicken, eggs, pulses (e.g. chickpeas, kidney beans, lentils, and baked beans), nuts and dairy products.

With strength and endurance training being required for cricket, players should aim to include protein along with carbohydrate post training to maximise recovery.*

Suitable snacks include a milk or yoghurt-based smoothie, MILO with low fat milk, or tuna with rice crackers.

FAT

For all players it is important to include some healthy fats each day such as avocado, nuts, seeds, oily fish and vegetable oils. The amount of these fats that are needed will depend on an individual's weight goals and energy requirements (i.e. how many calories/kJ they need each day).

For all cricket players, unhealthy fats should be avoided as much as possible. This includes the skin on chicken, white fat on meat, butter and fat often used in cakes, biscuits and many takeaways.

FRUIT AND VEGETABLES

Aim to include these at most meals and snacks as they are essential for good health and performance. Fruit and vegetables are full of vitamins, minerals, antioxidants and fibre.

Try to include a variety of fresh, frozen, dried and canned varieties - this ensures fruit and vegetables are not only affordable all year round, it makes it practical too.

Add extra vegetables to casseroles, stews and mince dishes. Try having fruit with your breakfast and as part of snacks.



KEY COMPETITION FOODS

- ✓ Smoothies, flavoured milk or MILO with low fat milk
- ✓ Breakfast cereal
- ✓ Rice, pasta or noodle dishes
- ✓ Fruit bread, toast, English muffins
- ✓ Creamed rice
- ✓ Sandwiches, filled rolls
- ✓ Water, sports drink
- ✓ Liquid meal supplements
- ✓ Low fat yoghurt
- ✓ Fruit bars, muesli bars, breakfast bars
- ✓ Pancakes
- ✓ Fruit

A SAMPLE ONE DAY MEAL PLAN FOR A CRICKETER

BREAKFAST:

- Hot oats or muesli with low fat milk/ yoghurt plus fresh or canned fruit OR
- Wholegrain toast with a light spread of margarine and low fat topping and MILO with low fat milk.

SNACK:

- One or two pieces of fresh fruit and a small tub of yoghurt

LUNCH:

- Pasta or rice based dish including lean meat, fish or chicken, and vegetables OR
- Lean meat and salad filled rolls/ sandwiches/burritos OR
- Sushi

Include a piece of fresh fruit

PRE AFTERNOON TRAINING:

- Good pre-training snacks include smoothies, sandwiches or MILO with low fat milk

DINNER:

- Lean meat or chicken and vegetables with pasta and tomato-based sauce OR
- Steamed or grilled fish with homemade wedges and salad OR
- Lean meat or chicken and vegetable stir-fry with rice or noodles OR
- Lean steak, potatoes and vegetables or salad

NUTRITIONIST'S NOTE

This meal plan is an example only and not intended for individual purposes. This should be altered to suit individual energy requirements depending on age, gender and training load. For those who train at an elite level and/or twice or more a day, additional pre training snacks and post training recovery food/drinks will be required. Contact a Sports Dietitian for guidance.

NUTRITION PROFILE: JAMES FRANKLIN

Why do you think nutrition is important to your sport?

Cricket is one of the those sports that can take a long time, in fact it can take days to complete which means nutrition is crucial to help aid performance and recovery. Having the 'right food' at the 'right time' is important to any athlete but as a cricketer I find that I need to be particular with what I eat during the day. Carbohydrates, protein rich snacks, water and electrolyte drinks are very important for me to maintain energy levels through a day of playing cricket.

What are some of the healthy and tasty foods you recommend?

High carbohydrate meals, particularly the night before a day of cricket is a must for me. I enjoy eating pasta and rice dishes. In the morning of a game I always eat bananas, cereal, toast and sometimes eggs. Throughout the day I normally eat protein bars, bread, salads, bananas and always maintain hydration, by mixing between water and electrolyte drinks. If I am playing a four or five day match I repeat this daily process until the match has finished.



KEY FOODS FOR A CRICKETERS FRIDGE/ FREEZER

- ✓ Lean meat/poultry
- ✓ Fresh and frozen fish
- ✓ Eggs
- ✓ Low fat milk
- ✓ Low fat yoghurt
- ✓ Reduced fat cheese e.g. Edam/ cottage cheese
- ✓ Spreads - olive, canola or rice bran
- ✓ Fresh/frozen fruit
- ✓ Fresh vegetables – the more variety of colours the better
- ✓ Frozen vegetables
- ✓ Hummus

KEY FOODS FOR A CRICKETERS PANTRY

- ✓ Low fat noodles, pasta, rice
- ✓ Bread – preferably wholegrain
- ✓ UNCLE TOBYS Rolled Oats
- ✓ Canned spaghetti and beans
- ✓ Canned creamed rice
- ✓ Wholegrain crackers, rice crackers, pretzels
- ✓ Nuts/seeds
- ✓ Muesli bars
- ✓ MILO Energy Food Drink
- ✓ Canned salmon and tuna
- ✓ Canned pasta sauce, tomatoes, tomato purée
- ✓ Spreads – honey, Marmite, Vegemite, jam, peanut butter
- ✓ CARNATION Light & Creamy Evaporated Milk
- ✓ Sauces – sweet Thai chilli, sweet 'n' sour, bbq, tomato, soy, mustard, relishes, etc.
- ✓ Fruit - dried and canned
- ✓ Vegetable oil/spray
- ✓ Herbs and spices



COMPETITION DAY EATING

Cricket games can be long and conditions can be hot and humid, so packing a variety of suitable food and fluid options in advance is ideal to optimise nutrition. Here are some great tips on what to do before, during and after matches:

EATING AND DRINKING BEFORE MATCHES

Cricketers don't know whether they will be batting or bowling on the first day of a match until approximately 45 minutes before the game begins. As a result, each player needs to eat and drink assuming they will be involved at an intensive level of play. Ideally, a larger meal eaten 1-4 hours before the match including carbohydrate rich foods and some protein is ideal.** Ensuring each player is well hydrated before play is also vital, particularly if fielding is first and access to fluid may be limited for a long period.

EATING AND DRINKING DURING MATCHES

Players should take advantage of breaks in play to top-up fuel and fluid stores. High carbohydrate, low fat options are ideal. These include low fat smoothies, light sandwiches, muesli bars, yoghurt,

and fruit. If there are longer breaks or players prefer more substantial foods, homemade pizza (a healthy version!) or pasta/rice with a lean protein and low fat sauce may be suitable.

RECOVERY AFTER MATCHES

After a match, including a carbohydrate and protein based snack as soon as possible is ideal, followed by a healthy, nutritious meal. Suitable snacks include smoothies, muesli bars, bagels with tuna or chicken, creamed rice, sandwiches, or fruit and low fat yoghurt.

SPECIAL ISSUES AND REQUIREMENTS FOR CRICKET:

- **Fluid requirements** – When a long game of cricket is played on a warm and/or humid day, fluid losses can be significant. If adequate fluid replacement is not achieved, performance may be compromised. It can be helpful for players to track their fluid losses by weighing themselves between each innings. After taking into account any additional fluid

consumed, any weight loss equates to fluid that has been lost and not replaced. Every kilogram lost is equivalent to a loss of 1 litre of fluid. Keeping well hydrated before matches and including water/sports drinks during breaks can help prevent dehydration.

- **Body fat levels** – Given the varying intensity of play and differing levels of cricket, some players may find they have high levels of body fat, if only participating in long hours of low intensity activity. If this is the case, including higher intensity exercise and strength conditioning sessions may help control weight and optimise body composition.
- **Alcohol** is often a large part of the culture in many sports, including cricket. Drinking alcohol to excess can compromise recovery, slow the repair of injuries and contribute to excess weight. Players should concentrate on rehydrating and refuelling with carbohydrate rich foods and fluids before having any alcoholic drinks.

* Stuart M Phillips et al (2011). Dietary protein for athletes from requirements to optimum adaptation. Journal of Sports Sciences.

** Louise Burke et al, 2011. Carbohydrates for training and competition. Journal of Sports Sciences.

MOROCCAN VEGETABLES AND CHICKPEAS

Serves 4

400g can chopped tomatoes
300g can chickpeas, drained
1 tbsp Moroccan Spice Mix (below)
400g pumpkin, cut into 1cm pieces
1/2 cauliflower florets
2 courgettes, thickly sliced
1 tsp MAGGI Green Herb Stock Powder

- Combine all ingredients in a large saucepan.
- Cover and simmer for 20 minutes, stirring occasionally.
- Serve garnished with fresh parsley or coriander if desired.



MOROCCAN SPICE MIX

1 tbsp cumin seeds, toasted
1 tbsp coriander seeds, toasted
10 black peppercorns
1/2 tsp sumac or lemon pepper
1 cinnamon quill

Either pound the spices to a coarse powder using a pestle and mortar or put spices between 2 pieces of baking paper and crush with a rolling pin. Store in an airtight container until needed.

ANALYSIS	per serve
Energy (kJ)	501
Carbohydrate (g)	21
Protein (g)	7
Fat (g)	2

This recipe is from the *Fit Food Fast* cookbook. To order your copy, visit www.nestle.co.nz.

By Nutritionist Claire Turnbull - www.claireturnbull.co.nz

For more information and to obtain further copies of any of the *Eating for Your Sport* Nutrition Advice Sheets, visit www.nutrition.nestle.co.nz or www.mish.org.nz

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