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the whole care of injured players during rehabilitation is based on physical, biomechanical and nutritional work. during this period, muscle relaxation, as well as the application of external support and/or aids like "band-aids" and orthoses, must be performed by trained personnel. multiple consultations with the physical therapist and the sports medicine team should be planned. in addition, the player's state of nutritional condition must be followed in order to assess the need to administer intra- and extra-nutritional pharmacological support. to be successful, competition nutrition strategies should focus on daily doses intake of protein, carbohydrates and fat according to their requirements. many researches indicate that acute high-intensity training bouts and/or competition may cause the need for increased nutrient intake and possibly muscle glycogen depletion. thus, the availability of fat-carbohydrate and protein rich food choices should be encouraged during the entire match period. the utilisation of food supplements to enhance recovery and to improve performance is a controversial topic. training sessions with concurrent exercise may affect daily food intake and the daily bioavailability of nutrients, which affects the effectiveness of food supplements. thus, high dose food supplements intake may seem to be effective in the short term, but long-term studies usually reveal different results. the health-nutrition care plan should be adapted to each player. for example, male players may become vegetarian, while female players' diets will probably change throughout the season to adapt to hormone fluctuations. thus, injury prevention strategies must also be individualised.

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offers may vary. energy, protein, carbohydrate and electrolyte intake are the main nutritional variables that can be manipulated in the players' nutrition.

three main variables can be manipulated: (1) macronutrients intake, (2) electrolytes intake and (3) energy expenditure. players' nutritional programmes in the field should be planned taking into consideration training and matches in order to ensure adequate psychological and physical support. over-training should be avoided and adhering to a correct carbohydrate intake, in relation with training loads, is also a factor to be considered. furthermore, a specific consumption of micronutrients, such as sodium and micronutrients from functional foods, can lead to positive performance adaptations. while multivitamin supplementation can be recommended to avoid micronutrient deficiencies, some micronutrients

should be present in the player's diet, especially carotenoids that are synthesised naturally by the body, such as lutein and β -carotene. given that energy intake is a key nutritional variable and the training load is one of the main factors in exercising, the energy level of the player's diet should be increased to match training. athletes can be advised to "eat for performance", including a lunch before training. this special meal should be well-balanced, moderately high in carbohydrates (around 65-70%) and should contain protein to muscle ratios higher than 1:1. compared to a snack before training, lunch can be a better option to have a longer duration during the day and can be present at the appropriate time before the start of the training. finally, athletes should avoid the consumption of salty and sugary foods, as the latter could hinder electrolyte absorption. another key aspect for adequate performance during the match is the intake of carbohydrates after training. despite the consumption of a meal after training, it is necessary that the training intensity is low- to medium-intensity, as high-intensity interval training can deplete glycogen stores. athletes can also be advised to consume a small snack (with carbohydrates and/or proteins) after training in order to meet

their daily energy demands. finally, dietary supplementation of carbohydrates and amino acids is not recommended during the match, unless providing exogenous carbohydrate sources to a glycogen-depleted muscle. acute carbohydrate supplementation can induce an over-reaction in the brain, leading to excessive activity and increased carbohydrate use, which can affect performance. hyperthermia is also a side-effect of carbohydrate supplementation. a moderate recommendation for carbohydrate intake during the game is not necessary. 5ec8ef588b

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