

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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## **Lecture 67: Diet Chart**

Hello everyone, today we will talk about a very important topic that is related to the nutrition of budding cricketers, that is, the diet chart. So, from the ages of 9 to 13 years, we will give you an approximate diet chart. The calories needed are 1400 to 1500, and the protein needed is 40 grams. So, according to the timing and food items, we will give you an approximate diet chart that will help you to provide particular information regarding the diet that will be taken by 9- to 13-year-old cricketers. So, if it is pre-game snacks 1 to 2 hours before an event, what should the food items be. A bowl of cereal with low-fat milk (35 grams) plus dried fruits (1 handful) and fresh fruits like apples or bananas should be included. During the pre-game snacks, one to two hours before the game. During the event, plenty of water should be consumed by the players to avoid dehydration. Sports drinks, ORS, lime water, fruits, or granola bars can also be taken. During the post-event, 30 minutes after the event, low-fat milk (200 ml) should be consumed, and if required, add some flavour. During lunch, what should be included. Rice (50 grams uncooked weight), fish (50 grams), or chicken (35 grams only). Soybean (15 to 20 grams), paneer (40 grams), plenty of vegetables, and salad should be included in the lunch. So, for evening snacks, what should be taken. Vegetable soups (one bowl), one egg, low-fat cottage cheese, 50 grams per toned curd (150 grams), a small handful of mixed nuts and sprouts, and fresh fruits like apples and bananas. For dinner, two rotis (handmade), two pieces of rice (50 grams uncooked weight), and vegetables should be there. Include fruits like apples, bananas, oranges, grapes, etc., in the meals. So, these are the diet charts for players aged 9 to 13. You can add meat, fish, eggs, and chicken also. In the diet chart, whenever, as a coach, you understand the importance of the diet chart, it will help you to develop the players' nutritional status, and you will get results on the ground during matches. Now, let's talk about the diet chart for those above 13 years. Calorie requirements are 1600 to 1700 calories, and protein requirements are 50 to 53 grams for the age group above 13 years. So, during the timings, pre-game snacks One to two hours before an event, a bowl of shallots with low-fat milk, 50 grams of dried fruit (one handful), and fresh fruit like apples and bananas. During the event, plenty of water. sports drinks or ORS lime water, fruits, and granola bars You can include, as I told you in an earlier post, the event. 30 minutes after the event, low-fat milk, 250 ml; if required, add some flavour to the lunch. Rice 60 to 70 grams uncooked weight, fish 75 grams, chicken 50 grams whole less, soybean 25 grams, paneer 60 grams, vegetables, and plenty of salads you can include in the lunch. In the evening, snacks and vegetable soups 1 bowl, 2 eggs, low-fat cottage cheese (100 grams), torn curd (200 grams), and a small handful

of mixed nuts and sprouts Fresh fruits like apples and bananas in the dinner roti, two pieces, and meat rice 50 grams uncooked weight of vegetables is what you should allow; you can allow fruits. apple, banana, orange, grapes, etc.; meat, fish, egg, chicken, pulse red gram green gram, black gram, soybean, rajma, peas, cereals, wheat flour, rice, multigrain breads, oats, dahlia, cheera, dry products, dairy products, cottage cheese, yogurt, low-fat milk, peanut butter, and low-fat cheese. Nuts, almonds, walnuts, cashew nuts, and Brazil nuts. Fluid consumption before activity: 400 to 600 millilitres of water. 2 to 3 hours before the event. And 50 to 250 ml every 30 minutes is required. Why this diet check-in. Because of the nutrition of the athletes. If they continue this nutritional chart or diet chart during their daily life, it will help them to develop in such a way that they will have a good diet, and they will not suffer from malnutrition. Because during this phase, whenever the players are trained on the cricket field, they need much more nutrition to develop themselves. That's why in this session; we have included the diet chart for the players. Thank you.