

FOOTBALL NUTRITION

Science-based nutrition
strategy tailored to the
individual needs of elite
football players

ETS Diagnostics
Medical Department
Division Performance and Recovery
Florent Aziri



Fuelling potential.

We support players from leagues like:
German Bundesliga, La Liga, Serie A,
Swiss Super League, Austrian Football
League, Croatian Football League HNL

*“Nutrition is doping,
but simply legal. Eating the
right food at the right time
can make all the difference.”*

JÜRGEN KLOPP
Liverpool FC

NUTRITION STRATEGY

6-12 months to implement the whole strategy

Individualization / Personalization

Based on anthropometric data, metabolic analysis, body composition, blood glucose dynamics and further diagnostics we are going to implement a player-specific nutrition strategy.

Nutrition Strategy on Training Days

Depending on the training intensity and duration, carbohydrate and protein requirements must be adapted to the load to enable optimal recovery (periodization).

Nutrition Strategy on MD-1

One day before the game (MD-1), the nutrition strategy is adjusted to fill all energy stores and ensure maximum performance on match day.

Match Day Nutrition Strategy

Muscle and brain performance are maximized through a science-based nutrition strategy - from the optimal pre-match meal to the optimal half-time strategy.

Supplementation Strategy

We implement key supplements to safely maximize recovery and performance.

Performance Cuisine

Personalized recipes are developed with Performance Chefs to match player preferences with the scientific demands.

EFFECTS OF A SCIENCE-BASED FOOTBALL NUTRITION STRATEGY:

SPRINT PERFORMANCE



Where does the energy for a sprint come from? Depending on how long a sprint lasts, different energy sources are needed differently. For example, in a 3s sprint, 55% of the energy comes from PCr, while in a 12s-Sprint, only 23% of the energy comes from PCr. Adapted to the position (and corresponding sprint profile), the nutrition strategy is adjusted to enable continuous performance. An optimal nutrition strategy can, among other things, **increase high-speed running by 34%**.

BRAIN PERFORMANCE



"Football is a game you play with your brain." - Johan Cruyff
Whether reaction time, decision-making, passing accuracy, shooting accuracy or dribbling ability - all this depends on the brain. An optimal nutrition strategy can, among other things, **increase brain reaction time by 22%**.

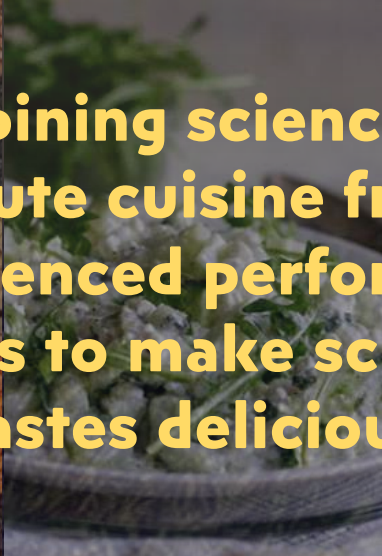
RECOVERY / INJURY PREVENTION



Poor recovery increases the risk of injury and reduces performance for the next game. Through an optimal nutrition strategy, **muscle strength can be increased by 20%** after a match and **muscle fatigue can be reduced by 40%**. Furthermore, tendons and ligaments can be strengthened by over 150% through a proper supplementation strategy.



**Combining science with
haute cuisine from
experienced performance
chefs to make science
tastes delicious.**



Inspired by athletes driven by science.



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