

## Eat To Compete For Soccer

### Food is a Youth Soccer Player's Fuel

- ▶ You want to choose the best fuel for your body so you can perform the best that you can at your sport.
- ▶ Sports Nutrition Science = Eat Right Food + At the Right Time



- ▶ What should players eat before a game? What should players eat or drink during practice? What should players eat after a game or practice?

### Eat To Compete: Soccer Players' Basic Needs

- ▶ **Athletes Need Carbohydrates: Why?** Carbs fuel muscle contractions and the brain (mental sharpness), carbs spare protein and help burn fat, and carbs accelerate post-game recovery.
- ▶ **Athletes Need Protein: Why?** Protein helps build and repair muscle. Protein before exercise may also help reduce after-exercise muscle soreness.
- ▶ **Athletes Need Fluid: Why?** Hydration postpones fatigue, maintains performance, reaction time, agility and cognitive sharpness, decreases stress on heart and shortens recovery.

### Eat To Compete: Eating Before Soccer

#### 1-4 Hours Before Practice or Game

- ▶ Eat a carbohydrate-rich snack or meal to provide muscles energy.
- ▶ Include small amounts of protein in a before exercise meal.
- ▶ Before exercise choose a meal that is low in fat and not too high in fiber for easy digestion.
- ▶ Drink fluids to hydrate your body.

#### 1-4 Hours Before Game or Practice Day Meal Examples



- ▶ Chicken breast, spinach, tomato pita + fruit + mozzarella stick + water
- ▶ Peanut butter/almond butter sandwich + watermelon + side salad + low fat milk



- ▶ Low-fat tuna melt sandwich + sliced veggies and dip + 6oz 100% grape juice
- ▶ Turkey, cheese and lettuce sandwich + fruit + baby carrots + water
- ▶ Hummus, baby kale, and shredded carrots wrap + cantaloupe + yogurt + water
- ▶ Oatmeal with walnuts with low-fat milk + blueberries + ¾ cup orange juice
- ▶ Whole grain, low sugar (ideally less than 6 added grams sugar per serving) cereal such with low-fat milk + blueberries + handful of hazelnuts or pistachios + water
- ▶ Whole grain bagel + nut butter + pineapple + yogurt + water
- ▶ Fruit smoothie: Blend 6 oz. of low-fat vanilla yogurt, ½ cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries, or blueberries) + granola +water

### 30-60 minutes Before Practice or Game or Between Games

- ▶ Grab a high carbohydrate snack to “top off” muscles and provide your muscles extra energy stores
- ▶ Drink fluids to hydrate your body. Remember that hydration postpones fatigue, maintains performance, reaction time, agility, and cognitive sharpness, decreases stress on heart and shortens recovery.

### 30-60 minutes Before Practice or Game or Between Games Food Examples



- ▶ Eat a piece of fresh fruit: apple, banana, strawberries, peach, plum, kiwi, mango, grapes, cantaloupe, orange
- ▶ Grab a handful of dried fruit: raisins, dried apricots, mango or cherries (ideally no sugar added)

### 15-30 minutes Before Practice or Game or Between Games

- ▶ Drink 8 to 16oz of water. Hydration postpones fatigue, maintains performance, reaction time, agility and cognitive sharpness, decreases stress on heart and shortens recovery.

### Eat To Compete: Drinking During Soccer

#### During Exercise

- ▶ Drink 5 to 10oz of fluids every 15 to 20 minutes during exercise.
- ▶ Water in general is always great, low cost choice
- ▶ If you are exercising vigorously for more than 60-90 minutes or in hot weather a 100% fruit juice mixed with water or a sports drink can be a good choice.



- ▶ Only marathon runners or other endurance athletes really need to eat while exercising.

## Eat To Compete: Eating After Soccer

### Recovery Nutrition After Exercise

- ▶ Replace your body's fluid and electrolytes (sodium and potassium) lost in sweat
- ▶ Replace muscle fuel (carbohydrate) used during practice or a game
- ▶ Provide small amounts of protein to help restore muscle and build new muscle
- ▶ Have a carb-rich snack or meal with a small amount of protein within 1 hour of exercise
- ▶ Drink plenty of fluids!

### Recovery Snacks for After Exercise Examples



- ▶ Smoothie made with yogurt + frozen berries + water
- ▶ Peanut butter sandwich on whole grain bread + low-fat chocolate milk + banana
- ▶ String cheese + apple or orange or plum + water
- ▶ Small container of yogurt + watermelon or cantaloupe wedge+ water
- ▶ Hard-boiled egg with whole wheat English muffin + pear or plum + water
- ▶ Cooked or raw veggies and whole grain pita bread with hummus + water
- ▶ Handful of nuts + glass of low-fat chocolate milk + air-popped popcorn

### Recovery Meal Ideas After Exercise



- ▶ Whole wheat pita sandwich with turkey and veggies + chicken noodle soup +low-fat milk
- ▶ Black bean + cheese + avocado + whole grain corn or whole wheat tortilla + side salad or other green veggie + water/seltzer water
- ▶ Stir fry with fish, shrimp, chicken or tofu, broccoli, bell peppers, carrots + brown rice + water/seltzer water
- ▶ Slice of veggie pizza + carrots + water/seltzer water