Soccer
Game Day Nutrition

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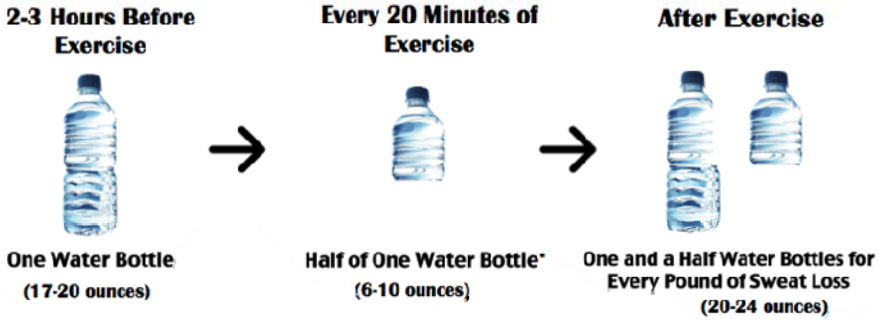
BaylorScott&White HEALTH

Hydration

- Water
- Sports Drinks
- 100% fruit juices
- Low-fat milk/chocolate milk
- Avoid soda, coffee, tea, and other highly caffeinated drinks
    - Caffeine can have adverse affects on athletes

Hydration Continued

- Before Practice
  - Drink 1 bottle of water 2-3 hours before exercise
  - Drink 1/2 bottle of water or sports drink 20 minutes before exercise



- During Practice
  - Drink ¼ bottle of water or sports drink every 20 minutes
- After Practice
  - Drink 1-2 bottles of water or sports drink for every pound lost
  - Within 2 hours, drink enough fluids to replace any weight lost from exercise

Macronutrients

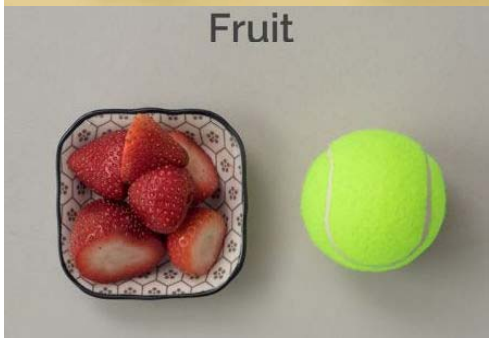
- Carbohydrate
  - 6-10 grams per kilogram of body weight per day during high-intensity training
  - 3-7 grams per kilogram of body weight per day during moderate-intensity training
  - 40-50% of total energy requirement
- Protein
  - 1.2-1.4 grams per kilogram body weight for endurance training
  - 1.3-1.8 grams per kilogram body weight for strength-training
  - 10-35% of total energy requirements
- Fat
  - 0.8-1.8 grams per kilogram body weight per day
  - 20-35% of total energy requirement

Carbohydrates

- Whole Grains
  - Make sure half of grains consumed are whole grains
    - Pasta
    - Bread
    - Brown rice
    - Fruit
    - Vegetables
    - Cold Cereals
- Avoid high sugar foods

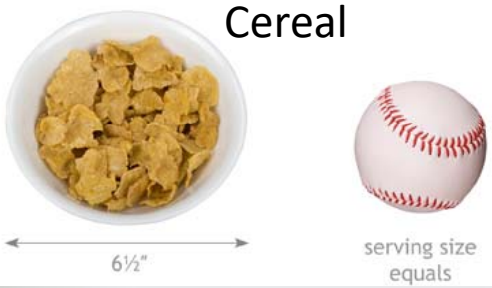
Carbohydrates Continued

Cooked Pasta

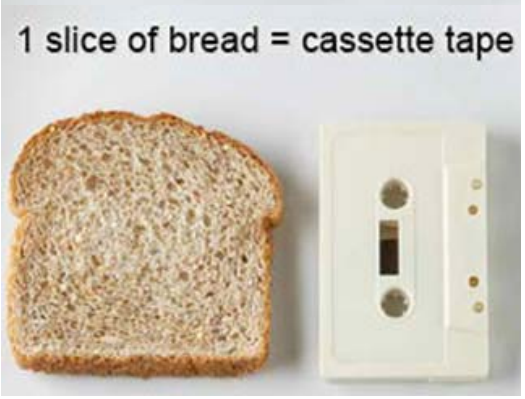


	FOOD	SERVING SIZE	SERVINGS
GRAINS	whole grain bagel	hockey puck	5 PER DAY
	brown rice, whole wheat pasta	1/2 tennis ball	
VEGGIES	carrots, broccoli	tennis ball	3 PER DAY
FRUITS	grapes, apple, juice	tennis ball	2 PER DAY
	dried fruit	golf ball	

Cereal



Cooked Rice

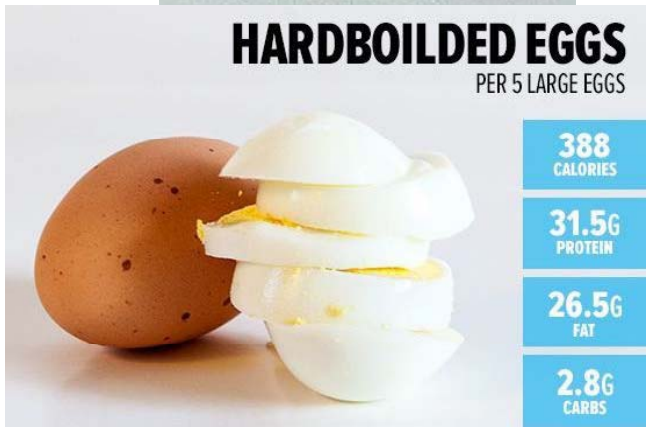


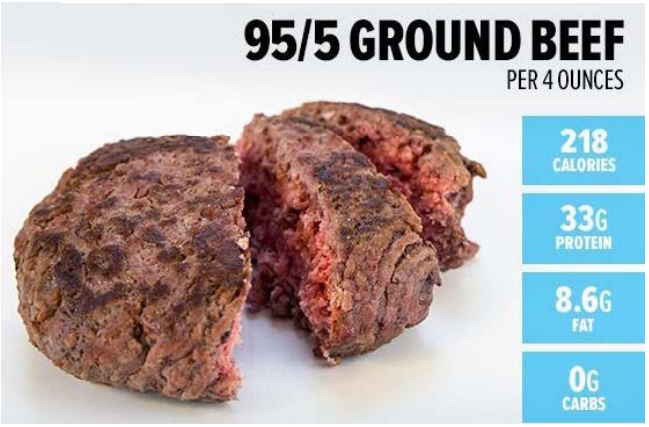
Protein

- Lean Meats
  - Chicken, turkey, pork or beef tenderloin, edamame, deli meats, hummus, peanut butter, nuts, and seeds
- Fish
  - Salmon, tuna
  - (fresh or canned)
- Eggs
- Vegetarians
  - Seeds, grains, beans, dark leafy greens

Protein Continued

Spinach





Fat

- Healthy fats and oils
  - Avocado oil, Olive oil, flaxseed oil
  - Avocado, seeds (sunflower seeds, flaxseeds), nuts (walnuts, almonds), and nut butters (peanut butter, almond butter)

Fat Continued

Season/Competition

- During tournaments, consume familiar foods
- Pre-Game Meal
  - Eat 3-4 hours before competition begins
  - Drink adequate amount of fluids
  - Meal should consist of high carbohydrates, moderate protein, and moderate fat
- Add foods with anti-inflammatory properties
  - Beets, salmon, walnuts, almonds, and other nuts, berries, dark leafy greens, whole grains, olive oil and flaxseed oil, low-fat dairy

Sample Pre-Game Meal #1

- Pre-Game Meal #1
  - 2-4 ounces chicken OR beef tenderloin
  - 1 cup spinach salad OR steamed broccoli
  - 1 whole wheat dinner roll
  - ½ cup roasted potatoes OR ½ cup fresh fruit
  - Sports drink OR low-fat milk

Sample Pre-Game Meal #2

- Pre-Game Meal #2
  - 2-4 ounces salmon OR lean ground beef
  - 1 cup of brown rice OR whole wheat pasta
  - 2 cups green beans OR un-salted edamame
  - ½ cup fresh fruit
  - Sports drink OR low-fat milk

Early Morning Competition

- Morning Meal
  - Consume foods higher in fluid-content and smaller portions closer to start time
  - Do not consume high carbohydrate foods 1½-2 hours before start time
  - 3-4 hours before game
    - Oatmeal with fruits and nuts
    - Egg omelet with vegetables and ham
    - Fruit and low-sugar yogurt
    - 6-8 ounces fruit juice (watch out for added sugar)
    - Sports drink

Pre-Game Snacks

- Pre-Game Snacks
  - Consume a small snack on the way to the game or in between games
    - Peanut butter and jelly sandwich on whole wheat bread
    - 6-10 ounce smoothie
    - ¼ cup granola with yogurt
    - Dry cereal
    - Granola bar
    - 6-10 ounce sports drink

During Competition

- During Competition
  - Drink liquids and eat a snack if necessary
  - Drink 2-3 gulps of water or sports drink at every break
  - Drink more fluids as needed

Post-Game Snack & Meals

- Post-Game Snack
  - Eat snack within 30 minutes after competition
    - Should contain carbohydrates, protein, and fat
    - If an athlete is not hungry, have them drink liquids that contain carbohydrates and protein (i.e. chocolate milk)
  - Ex: Pretzels, shake or replacement meal drinks, granola bars, trail mix (nuts and dried fruits) and sports drink, apple or banana with nut butter and low-fat milk, Greek yogurt with fruit, graham crackers with peanut butter and low-fat milk, or fruit and yogurt smoothies

- Post- Game Meal
  - Consume within 2 hours after competition. It's a recovery meal and should consists of lean protein, carbohydrate, and fats (well rounded)
  - Ex: Grilled chicken sandwich on whole wheat bread with low-fat milk and fruit OR burrito (whole wheat tortilla) with chicken, black beans, avocado, vegetables, shredded cheese, sports drink, and water

Visuals

	FOOD	SERVING SIZE	SERVINGS
GRAINS	whole grain bagel	hockey puck	5 PER DAY
	brown rice, whole wheat pasta	1/2 tennis ball	
VEGGIES	carrots, broccoli	tennis ball	3 PER DAY
FRUITS	grapes, apple, juice	tennis ball	2 PER DAY
	dried fruit	golf ball	
DAIRY	mozzarella cheese	golf ball	3 PER DAY
	cheddar cheese	4 dice	
MEAT & PROTEIN	chicken, burger, salmon	deck of cards	3 PER DAY
HEALTHY FATS	peanut butter, nuts	shot glass	4 PER DAY
	extra virgin olive oil	thumb tip	

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