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## Nutrition

Carbohydrates are the main fuel for competition. These foods can be Rice, Cereal, Pasta Bread, Vegetables and Fruit.

What you eat 3 days before competition is important than the night before. Eating healthy all the time is the best strategy. An athletes diet should be 60-70% carbohydrates to maintain the energy stores. The closer you eat to the activity the smaller the meal should be.

Within 30 minutes of a hard training session consume a meal or snack containing 80% carbohydrates and 20% protein.

Drink water between game and/or training activity session and take small bites to keep your energy up.

Here are some ideas to help soccer players:

### Ten Second Snacks

- Baggies of whole grain cereal with dried fruit
- Fruit of any kind
- Raw Almonds with dried fruit
- Homemade banana bread
- Whole grain bagel with peanut butter

### Meal and Snack Ideas for Soccer Players

- Brown or wild rice with veggies or beans.
- Pita pocket with veggies, tuna, salmon or hummus
- Whole grain pasta with veggies and/or tomato sauce
- Fruit of any kind (bananas or kiwi are great, fresh pineapple has an enzyme that repairs muscle)
- Oatmeal
- Baked or sweet potato
- Celery with peanut butter
- Parfait with fruit and granola
- Raw Almonds, pecans and walnuts with dried fruit
- Homemade banana or corn bread

*Reference Book: The care and feeding of a soccer player, 2008; Toni T Branner.*