

READY, SET, EAT!

Nutritional Guidelines for Soccer Athletes

Soccer players are continuously looking for ways to improve their performance, increasing the body's maximum potential and forcing it to achieve championship form.

Players and parents should recognize the importance of nutrition before, during and after tournaments/games and to prepare their bodies for the challenge. The results are just as obvious on a soccer field as they would be in a classroom. Therefore, players are highly encouraged to follow the guidelines shown below.

FOLLOWS THESE NUTRITIONAL GUIDELINES

Pre-Game Meal

The pre- game meal should be consumed 3-4 hours prior to a soccer game. Plenty of water/ Gatorade should be consumed at the meal. The meal should be planned around individual likes and dislikes, thus a variety is essential.

Pre-Game Foods – (3-4 hrs or night before game)			
Spaghetti	Grapes	Nuts	Popcorn
Pasta	Pear	Dried Fruit	Banana Bread
Oatmeal	Apples	Avocado	Broccoli
Cereals	Sweetened Yogurt	Peanuts	Cauliflower
Rice	Fat Free Milk	Green Peas	Mushrooms
Oranges	Green Beans	All Bran	Wheat Tortilla
Pineapple			

In-Game Nutrition

Players are encouraged to consume easily digested foods during the game and at half time. Players should bring Gatorade to all games. Each player should drink 10-12 ounces 30 minutes prior to the game, 8-10 ounces of water before kick-off, and 10 ounces of Gatorade at half time. Water should be available to all players at any time prior to, during, and after games. Light colored Gatorade instead of darker colors is recommended, as it is easier to digest.

Immediately Before and During Game			
Graham Crackers	Chips	Bread	Ice Cream
Peanut Butter Crackers	Dates	Cream of Wheat	Pita Bread
Corn Chips	Baked Potatoes	Fruit Roll-ups	Raisins
Honey Sticks	Rice Cakes	Mashed Potatoes	Trail Mix
Watermelon	Cheerios	Cheese Pizza	Juice Box
Pretzels	Waffles / Pancakes	Bananas	Fig Newton's
Bagels/Muffins	Crackers	Grapes	Oranges
Watermelon	Rice crispy bars	Trail mix	

Post-Game Snack

Immediately following the game (within 30 min.), players should drink Gatorade/water. The post-game meal should contain a good balance of carbohydrate, protein, and fat.

Immediately After Game			
Watermelon	Crackers	Grapes	Oranges
Trail mix	Rice crispy bars		

Nutritional Guidelines Key Points

- Players must eat at all scheduled meals.
- Breakfast should be eaten daily. If your game is early a light breakfast should be consumed with plenty of fluids.
- Sodas or carbonated drinks should be avoided prior to and during the tournament/game. Water should be served at all meals.
- Players should hydrate at all times during the tournament/game.
- During any time of the day, if a pre-game meal is not possible, nutritious snacks and plenty of fluids should be consumed.
- A minimum of 8 hours of sleep the night before a game.