

SYC Pride Soccer Nutrition Tips



If you want your body to perform like a star, you need to treat your body to high performance fuel. In order to keep your body healthy and keep yourself in optimal shape for soccer, you'll want to hit two important points with your soccer diet: high energy and healthy nutrients. **High energy** can be obtained through a carbohydrate-rich diet. **Carbohydrates are the main fuel and energy source of the body.** A low-carb diet during training can result in fatigue and hurt your performance, especially in the 2nd half of the match.

Protein is necessary for your body to build and repair muscle.

Evening Meal

(night before game)

What you eat the day before a game greatly affects your game day performance. A high-carb, low-fat diet will help fuel a winning game day performance. A player's main energy resources are drawn from the previous day's meals - not from a big breakfast right before a game. Pasta, brown rice, potatoes, beans, lentils, salad, veggie pizza, and vegetables are all good energy sources. Avoid processed meats, high-fat and fried foods, and high-sugar foods.

Pregame Meal

(2-3 hours before game)

You need to eat enough to give you energy for the game but not so much that you feel weighed down and sluggish. If you don't have time for a full meal, try eating something light about 1-2 hours before kickoff and keep drinking water. Ideas: apples, bananas, oranges, grapes, cereal, bread/toast, bagel, crackers, yogurt if you can handle dairy. **NO greasy, fried or unfamiliar foods.** Some players prefer bland (not spicy) foods.

Postgame

What you eat after a game depends on whether you have another game the same day (If so, see "Pregame Meal" above and try to eat something within 30-45 minutes after playing.) If you are done for the day, feel free to eat a regular, healthy meal rich in carbohydrates and protein to replenish your body. Keep drinking water.

Fluids



You need fluids to regulate your body temperature and prevent over-heating. Drink plenty of fluids every day. Before and during a game, **water is the recommended as the best fluid** by the US Soccer Federation. Players should drink before starting the game, every 15-20 minutes during play if possible, and at halftime. Don't forget that playing in the cold is also dehydrating, so drinking fluids is just as important in cold weather.

