



Nutrition Guide – Fuel for Performance

Carbohydrates

Carbohydrates are the primary source of fuel used for exercise at high intensity. Carbohydrates are not as readily stored in the body as fats therefore active soccer players need to regularly replenish carbohydrates throughout the day. A failure to maintain adequate carbohydrate stores negatively affects your performance in training and matches.

- Be prepared to be different – a typical American diet is not a high carbohydrate diet.
- Base your meals and snacks around carbohydrate rich foods, such as:

Practical Ways To Increase Carbohydrates	
Bread	Choose healthy bread and try different types.
Rice	Par-boiled varieties are easier to cook and save time. Freezing pre-cooked rice is easy and can be reheated in microwave in just a minute. Include other grains such as oatmeal, bulgur wheat and maize meals.
Fruit	Can be eaten as part of a meal, as a snack, or added to dishes to increase the carbohydrate content e.g. breakfast cereal with chopped raisins or bananas, banana sandwich, or fruit and low fat custard or yogurt.
Pasta & Noodles	Try the different shapes, colors and types. Melted low fat cheeses make tasty low fat sources.
Potatoes & Starchy Vegetables	Potatoes should be baked or boiled. Add canned beans, chickpeas, red kidney beans or sweet corn to soups or add them to the sauces of pasta and rice dishes.
Breakfast Cereals	Are a good source of carbohydrate and can be eaten at any time of day as a snack (e.g. late at night. Choose as natural as possible with low salt and sugar content. Weetabix, shredded wheat and porridge, sweetened with bananas are great fuel for performance.



Ideas to 'Carbo-Boost'

- When energy and carbohydrate needs are high, increase the number of meals and snacks you eat rather than the size of your meals.
- Sugar and sugary foods may be useful when your energy demands are very high or when carbohydrates are needed before and after practice or games. Fruit, especially ripe bananas are an excellent source in these situations.
- Carbohydrate drinks (e.g. fruit juice, soft drinks, and low fat milk shakes) are a compact source of calories.
- Eat a high carbohydrate snack within 30 minutes after practice or games to speed up the replenishment of carbohydrate stores.
- Carbohydrate foods should take up at least half of the room on your meal plate.

Kit Bag and On The Road Snacks	
Fruit	Fresh Fruit (Bananas, Apples, Oranges, etc.), Canned or packaged fruit Dried fruit e.g. apricots, sultanas (various small packs available). Dried fruit bars.
Cereals	Cereal bars (Fruit and fiber bars, low fat/salt/sugar content), Breakfast cereal, Weetabix, Shredded wheat.
Drinks	Water & Fruit Juices
Crackers	Rice Crackers, Plain Pancakes.
In Moderation	
Dairy	Low fat yogurt, low fat milk shakes or smoothies.
Dessert	Rice pudding low fat custard, fruit
Chips	Low fat chips, kettle baked. Bread and Jelly.
Candy	Gummy bears in moderation
Drinks	Powerade and soft drinks.



Proteins

Proteins are important to all players for growth, maturation and repair of damaged muscle tissue. It is important for players to eat enough and the right type of proteins to ensure their needs are met, without taking in too much.

How much protein do you need to eat?

- The requirement for all players can be ensured by including a variety of protein rich foods at meal times and as part of regular snacks.
- **BEWARE!!** Many pre-packaged foods can be high in fat, preservatives and salt. Choose natural and low fat options.
- Carbohydrate-rich foods also contain some protein, so when you increase your carbohydrate intake, you will naturally take in more protein.
- Combining different sources of protein (meats, fish, beans, etc.) provide all the essential amino acids necessary

Sources of Protein in your Diet

Animal Sources Higher in Fat – Choose Lower Fat Options	Other Sources High in Carbohydrate / Fiber
<ul style="list-style-type: none">• Meat, ham, poultry,• Fish, shellfish• Cheese• Eggs• Milk• Yogurt	<ul style="list-style-type: none">• Pulses (e.g. peas, lentils, beans such as baked, haricot and kidney)• Nuts and Seeds• Soy Products (milk, cheese, yogurt)



More about Carbohydrates and Proteins

Encourage your player to combine carbohydrate and protein intake after training and games. This is beneficial in muscle repair and growth. This does **NOT** require special supplements – simply make sure a good source of protein is combined with a good source of carbohydrates after practice and games to support training and performance gains in matches.

Tips for Maximizing Carbohydrate and Protein Intake

- Be organized and start eating early in the day (No sleeping in until midday!)
- Eat regularly – small frequent meals and snacks
- Focus on carbohydrate rich foods combined with a good source of protein
- Make up larger portions of meals and freeze “mini meals” that can be heated up in the microwave at short notice
- Make use of other fluids – not just water (e.g. milk – based drinks, juices, etc)
- Maximize recovery potential after training and games



Would you like to avoid muscle soreness and stiffness after training and games?

Do you want to avoid injury?

Do you want to feel less tired?

Do you want to recover quickly before the next training session?

Refuel	Rehydrate
<p>In the first 30-45 minutes after training or games, eat and or drink some carbohydrate drinks. Combined with some protein if it was a tough session.</p> <p>Options:</p> <ul style="list-style-type: none"> • 750 – 1000 ml sports drink (isotonic drink) • 500 ml fruit juice • 2 medium bananas / 3 oranges • 1 sports bar or 2 cereal bars • 1 banana sandwich / roll or thick jam sandwich • Chunky soup and bread roll • Fruit smoothie with honey in it • Lean meat / tuna and salad roll, 1 piece of fruit • Tub of low fat yogurt and bowl of milk cereal 	<p>In the first hour following exercise or a game drink at <u>least 2 pints of fluids.</u></p> <ul style="list-style-type: none"> • Water • Isotonic drink • Lemonade • Fruit drink
<p>WITHIN THE NEXT 2 HOURS Eat a 'healthy' meal Stay hydrated (Clear Urine)</p>	
<p style="text-align: center;">Keep Refueling</p> <p style="text-align: center;">Carbohydrate and protein meals</p>	<p style="text-align: center;">Keep Hydrating</p> <p style="text-align: center;">Lots of water and aim for clear urine</p>



Sample Day

Breakfast: Weetabix (2/3 biscuits) with sliced banana

Scrambled eggs on toast (2/3 slices)

Orange Juice

Lunch: Tuna and Pasta with salad

Dinner: Baked potatoes with grilled chicken with steamed spinach and carrots

Rice pudding

Snacks between meals if hungry: Cereal bar, Fruit (apples, bananas, etc.,)

Hydration: Stay hydrated through the day with water, fruit juices & sports drinks.