



MAKE NUTRITION A STRATEGY

WINNING IS MORE THAN JUST SKILLS AND STRATEGY

Soccer requires players to stay in constant, fast-paced motion throughout a game. Along with practicing skills and building teamwork, what a player eats and drinks — and when — plays a major part in their success on the field. Proper nutrition is important for good health and top performance, especially for an athlete on game day and after practice as it helps improve endurance, agility, speed and strength.

“You can’t play your best if you don’t have proper nutrition! That means not just on game day, but all week, so you can practice and play games at your peak level and still recover with the energy you’ll need for your body’s best performance.”



Alexi Lalas, Soccer Analyst and Former US Men's National Team Player

GAME DAY NUTRITION

Here are some good nutrition choices for game day and post practice.

BEFORE

Carbohydrate-rich snack or meal that includes some protein and is low in fat and fiber for optimal digestion.¹

3 - 4 HOURS BEFORE START:

- Peanut butter and banana sandwich, apple slices and low-fat milk
- Fruit and Greek yogurt smoothie with low-fat granola
- Lean hamburger on bun with lettuce and tomato and yogurt with fruit
- Turkey wrap with cheese, fruit and fat-free yogurt

30 - 60 MINUTES BEFORE START:

- Water
- Piece of fruit or fruit jam sandwich

DURING

Fluids -- water, drinks with carbohydrates and electrolytes and carbohydrate-rich foods.

- Banana
- Bread or roll with jam or honey
- Low-fat granola or sports bar

POST GAME OR PRACTICE

Carbohydrate, protein, fruit/vegetable, fluids.

WITHIN 30 MINUTES:

- 8 fl. oz of Nesquik® Low-fat Chocolate Milk*

2 HOURS AFTER²:

- Whole wheat pita bread with lean meat, veggies, pretzels, and low-fat milk
- Stir fry with lean protein, veggies and brown rice and ice tea/water



¹ Nutrition Fact sheet, Issue 3, April 2009 Sports, Cardiovascular and Wellness Nutrition Practice Group AND (Academy of Nutrition and Dietetics), eatright.org

² Timing Your Nutrition, C. Mohr, Dec. 2012, AND (Academy of Nutrition and Dietetics), eatright.org

*Low-fat chocolate milk, like Nesquik®, may contain what research suggests is an ideal 3:1 ratio of carbohydrate to protein that may help refuel and restore exhausted muscles.

