



Youth Soccer Players' Nutrition Schedule



“Pride in the Program”



This is a guide used to assist in the healthy nutrition of a youth soccer player

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AN IDEAL TYPICAL NUTRITION DAY OF A YOUTH SOCCER PLAYER

INTRODUCTION

- *Young players eating a wide range of foods should not need to use dietary supplements. Players should be aware that supplements do not provide a short cut to success.
- *Carbohydrates are the key energy-providing nutrient that must be optimized during the days leading up to and including the day of competition
- *Attention should also be given to optimizing water and salt levels in the body

KEY CONSIDERATIONS

- *Diet directly affects performance
- *Every player is different and will find different foods to their individual liking
- *A healthy, balanced diet will help support consistent intensive training by providing the needed amount of energy
- *Players must be aware of what foods they should choose to eat
- *A varied diet containing everyday foods will generally provide more than enough protein
- *Maintaining hydration is important for performance and recovery

****48 hours before the game day overload on carbohydrates such as pasta and beans****

AVOID

- Avoid any beverage that might cause dehydration (i.e. any caffeinated drinks such as coffee, cola or juice with high sugar content)
- *Avoid greasy or fried foods

SAMPLE SCHEDULE FOR TYPICAL PRACTICE DAY

Breakfast 8:00AM Meats, potatoes, cereal, fruits, milk, pancakes, toast, bagels, eggs

Lunch 12:00PM Deli Sandwich, fruits, salads, fish, chicken, juice, water

After school snack 3:30PM Fruit, sports bar, sandwich/peanut butter, cheese, cold cuts, water and juice

Training 5:30PM Maintain proper hydration – water, sports drinks
If you feel thirsty, you are already dehydrated

Dinner 7:30PM Pasta, lean meat, salad, fruit, water and/or juice, breads

OR

Baked potato or rice, grilled or baked fish, vegetables, salad, fruit water and/or juice



TOURNAMENT GAME DAY

Breakfast	7:30AM	Eggs, bagels or toast, baked hash browns, Juice. OR Fruits, cereal, milk or yogurt
Game Snack	9:30AM	HYDRATE! At the half time: bagel or a sports bar , sports drink and water
Lunch	11:00AM	Cold cut sandwich with lettuce and tomato (no mayonnaise or dressing), some baked chips or pretzels, juices, water or sports drinks.
Game Snack	3:30PM	HYDRATE! At half time: A bagel or a sports bar , sports drink and water
Dinner	??????	Pasta, lean meat, salad, fruit, water and/or juice OR Baked potato or rice, grilled or baked fish, vegetables, salad, fruit water and/or juice



DAY OF A GAME



Breakfast	7:30AM	Eggs, bagels or toast, baked hash browns, juice OR fruits, cereal, milk or yogurt
Lunch	12:00PM	Cold cut sandwich with lettuce and tomato no mayonnaise or dressing, some baked chips or pretzels, juices, water or sports drinks.
<u>MAKE SURE TO HYDRATE BEFORE THE GAME</u>		
Game	3:30PM	
Half time-Snack		At the half time: A bagel or a sports bar , sports drink and water
After the game-Snack		Liquid form of nutrients/shake OR A meal replacement bar OR Low fat chocolate milk
Dinner	7:00PM	Pasta, lean meat, salad, fruit, water and/or juice OR



Baked potato or rice, grilled or baked fish, vegetables, salad, fruit water and/or juice

Meals (general guidelines, pre / post match meals)

OVERVIEW:

- ✓ Hydrate with water, sports drinks, juices until urine is clear and odorless. Use this as a measuring stick as your body might not be used to the climate.
- ✓ Consume starchy foods to maximize the glycogen that your body can store, but don't eliminate meats, fish, poultry
- ✓ For all meals follow (one sip = one mouthful rule: You must take 1one good sized sip of water for every mouthful during the meal)
- ✓ Avoid any beverage that might cause dehydration (any high sugar content, caffeinated beverages)
- ✓ Avoid greasy or fried foods
- ✓ Stomach must be close to empty at time of activity for optimal performance
 - Digestion times are as follows:
 - Simple carbs : 1-2 Hours
 - Complex Carbs: 2-4 Hours
 - Fats: 4-6 Hours
 - Protein: 6-8 Hours

Breakfast:

- Eat a minimum 3 hours prior to activity
- Eat about 600-800 calories during meal
- Carry a water bottle and take constant sips until time for training or game
- Eat lots of Fruit, bagels, milk, juices
- Yogurts – (If your stomach can handle dairy products prior to a game)
- Non-Sugary cereals are best choice
- Avoid oily meats (Sausage, bacon)

Pre Game: Lunch / Dinner

- Drink 17-20 oz of Water 2-3 hours prior to activity & 7-10oz 10-20 min prior
- Drink early and beyond your thirst (your body is dehydrated if you feel thirsty)
- Every 10 – 20min drink at least 7 – 10 oz
- See pg.5 for food options

Post Game: Lunch / Dinner

- Immediately after the game: (To aid in recovery)
 - 20 – 32 oz of water
 - 1 piece of fruit
 - 1 grainy good (i.e. bagel)
 - single serving of milk
- Within 2-3 hours after the end of the game: (To satisfy your hunger)
 - Water
 - Pancakes / waffles with lean protein source
 - Pasta with meat or poultry source
 - Non-Greasy Pizza
 - Stuffed potatoes
 - Subway sandwich



- Stay away from greasy foods

Breakdown of Food Groups:

CARBOHYDRATES:

- ✓ It is suggested that 55-70% of total intake of calories be from carbohydrates

PROTEIN:

- ✓ It is suggested that 10-15% of your total intake of calories be from proteins

FATS

- ✓ It is suggested that 20-30% of your total intake of calories be from fats

<u>Good Sources of Carbohydrates:</u>	<u>Dietary Sources of Protein:</u>	<u>Sources of Fat:</u>
<ul style="list-style-type: none"> ➤ Whole grain bread ➤ Muesli ➤ Oats ➤ Barley ➤ Whole wheat pasta ➤ Brown rice ➤ Whole wheat muffins ➤ Pita ➤ Cereals ➤ Fruit juices ➤ Potatoes ➤ Popcorn ➤ Vegetables ➤ Cereal bars 	<ul style="list-style-type: none"> ➤ Lean cuts of red meat ➤ Fish ➤ Chicken breast ➤ Turkey breast ➤ Egg Whites ➤ Seafood ➤ Cheese ➤ Milk ➤ Legumes ➤ Nuts/Seeds ➤ Shellfish ➤ Hamburger ➤ Tuna ➤ Beefsteak ➤ Cottage cheese ➤ Yogurt, low fat ➤ Tofu ➤ Lentils, cooked ➤ Split peas, cooked ➤ Kidney beans, cooked ➤ Macaroni, cooked ➤ Soymilk ➤ Whole wheat bread ➤ White bread ➤ Rice, cooked ➤ Broccoli, cooked ➤ Baked potato ➤ Corn, cooked 	<ul style="list-style-type: none"> ➤ Margarine ➤ Vegetable oils ➤ Salad Dressing ➤ Lard ➤ Butter ➤ Eggs ➤ Cheese ➤ Nuts ➤ Milk products ➤ Mayonnaise ➤ Gravies ➤ Dairy Products ➤ Fried Food ➤ Shortenings ➤ Cooking Oils ➤ Dressings ➤ Sauces