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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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

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM</td>
<td>Breakfast: Meats, potatoes, cereal, fruits, milk, pancakes, toast, bagels, eggs</td>
</tr>
<tr>
<td>12:00PM</td>
<td>Lunch: Deli Sandwich, fruits, salads, fish, chicken, juice, water</td>
</tr>
<tr>
<td>3:30PM</td>
<td>After school snack: Fruit, sports bar, sandwich/peanut butter, cheese, cold cuts, water and juice</td>
</tr>
<tr>
<td>5:30PM</td>
<td>Training: Maintain proper hydration – water, sports drinks If you feel thirsty, you are already dehydrated</td>
</tr>
<tr>
<td>7:30PM</td>
<td>Dinner: 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</td>
</tr>
</tbody>
</table>
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 the 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.  

MAKE SURE TO HYDRATE BEFORE THE GAME

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
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 1 one 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

<table>
<thead>
<tr>
<th>Good Sources of Carbohydrates:</th>
<th>Dietary Sources of Protein:</th>
<th>Sources of Fat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Whole grain bread</td>
<td>➢ Lean cuts of red meat</td>
<td>➢ Margarine</td>
</tr>
<tr>
<td>➢ Muesli</td>
<td>➢ Fish</td>
<td>➢ Vegetable oils</td>
</tr>
<tr>
<td>➢ Oats</td>
<td>➢ Chicken breast</td>
<td>➢ Salad Dressing</td>
</tr>
<tr>
<td>➢ Barley</td>
<td>➢ Turkey breast</td>
<td>➢ Lard</td>
</tr>
<tr>
<td>➢ Whole wheat pasta</td>
<td>➢ Egg Whites</td>
<td>➢ Butter</td>
</tr>
<tr>
<td>➢ Brown rice</td>
<td>➢ Seafood</td>
<td>➢ Eggs</td>
</tr>
<tr>
<td>➢ Whole wheat muffins</td>
<td>➢ Cheese</td>
<td>➢ Cheese</td>
</tr>
<tr>
<td>➢ Pita</td>
<td>➢ Milk</td>
<td>➢ Nuts</td>
</tr>
<tr>
<td>➢ Cereals</td>
<td>➢ Legumes</td>
<td>➢ Milk products</td>
</tr>
<tr>
<td>➢ Fruit juices</td>
<td>➢ Nuts/Seeds</td>
<td>➢ Mayonnaise</td>
</tr>
<tr>
<td>➢ Potatoes</td>
<td>➢ Shellfish</td>
<td>➢ Gravies</td>
</tr>
<tr>
<td>➢ Popcorn</td>
<td>➢ Hamburger</td>
<td>➢ Dairy Products</td>
</tr>
<tr>
<td>➢ Vegetables</td>
<td>➢ Tuna</td>
<td>➢ Fried Food</td>
</tr>
<tr>
<td>➢ Cereal bars</td>
<td>➢ Beefsteak</td>
<td>➢ Shortenings</td>
</tr>
<tr>
<td></td>
<td>➢ Cottage cheese</td>
<td>➢ Cooking Oils</td>
</tr>
<tr>
<td></td>
<td>➢ Yogurt, low fat</td>
<td>➢ Dressings</td>
</tr>
<tr>
<td></td>
<td>➢ Tofu</td>
<td>➢ Sauces</td>
</tr>
<tr>
<td></td>
<td>➢ Lentils, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Split peas, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Kidney beans, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Macaroni, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Soymilk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Whole wheat bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ White bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Rice, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Broccoli, cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Baked potato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Corn, cooked</td>
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</tbody>
</table>