Nutritional Guidelines For Soccer Players

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Nutritional Guidelines

FOR:

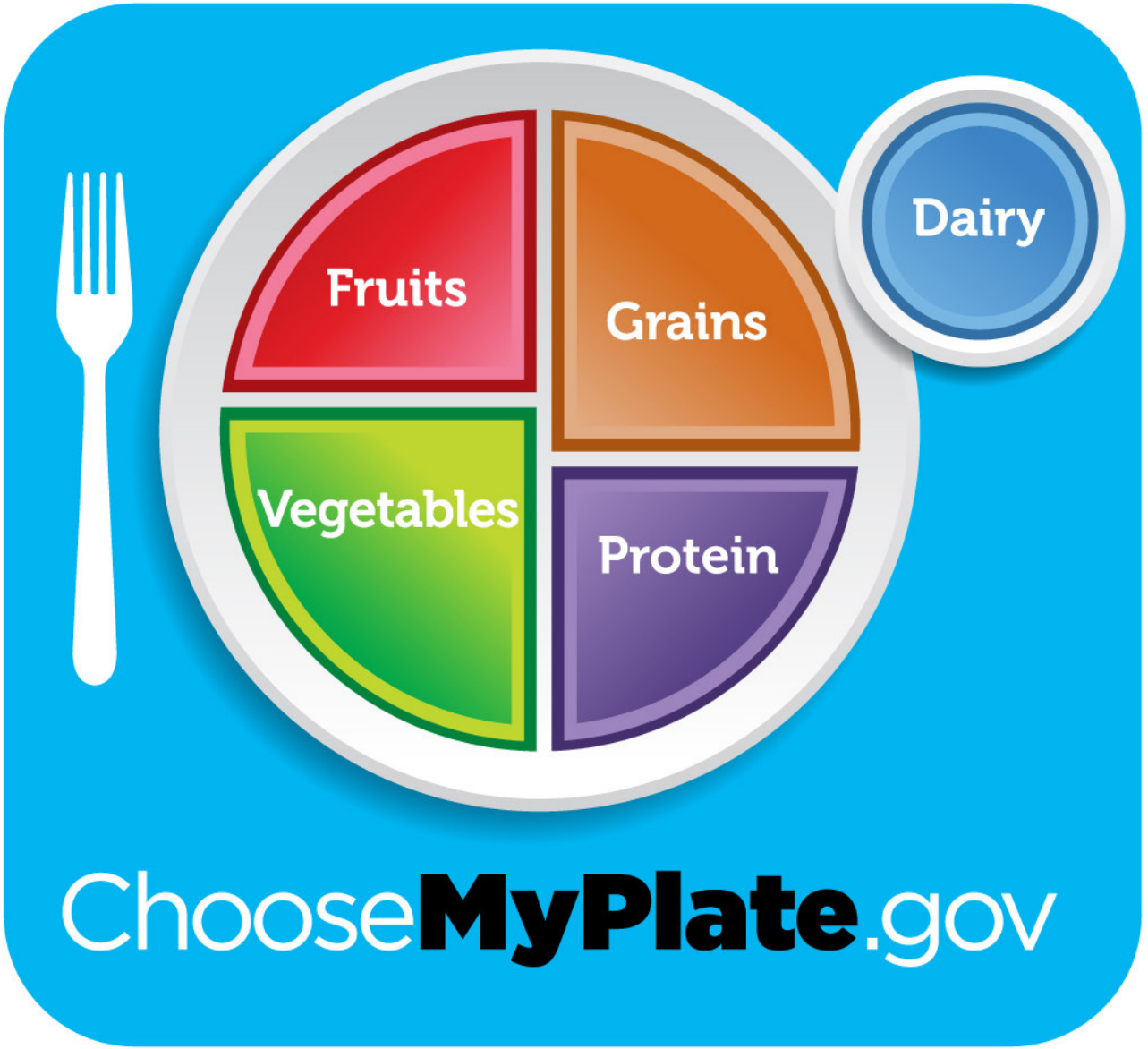
THE GENERAL HEALTHY POPULATION

I.E., THOSE WITHOUT A DISEASE

Food Groups

- Grains
- Vegetables
- Fruit
- Dairy
- Protein Foods

- You Should Eat From Each Of The 5 Food Groups Every Day!


Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

Grains

- Make at least half your grains whole grains.

- Why?
- Whole grains contain magnesium & selenium.
- Magnesium helps you build bones & use the energy in your muscles.
- Selenium helps you maintain a healthy immune system & reduce oxidative stress.

- WARNING: brown bread ≠ necessarily whole grain!

Vegetables

- Vary your veggies over a week.
  The more colorful, the better.

- Dark Green Veggies.
- Orange Veggies.
- Dry Beans & Peas.
- Starchy Veggies.
- Other Veggies.

Fruits

- Vary your fruits.
- Make most of your choices whole or cut-up fruit rather than juice.

- Why?
- Juice does not contain dietary fiber.
- Dietary fiber keeps the heart healthy & prevents obesity.

Dairy

- Choose fat-free or low-fat (1 %) milk.

- Dairy contains calcium & vitamin D.
- Calcium & vitamin D are needed for strong bones.
- The stronger your bones, the less likely you'll injure them.

Protein Foods

- Choose lean protein.
- Vary your protein foods.

- Skinless chicken, preferably chicken breast.

- Eat meat, poultry, fish, cooked beans, & unsalted nuts.

Fish

- Eat fish at least twice a week.
- Choose fish that are rich in omega-3.

- Salmon.
- Trout.
- Herring.
- Tuna.
- Sardines.
- Other fatty coldwater fish.

Omega-3

- Why?
- Omega-3 keeps the heart & brain healthy.

- Omega-3 is destroyed during deep frying.

Fat

- Try to choose unsaturated fats over saturated fats.
- NEVER EAT FOODS CONTAINING TRANS FATS!!!

- Unsaturated : Liquid :: Saturated : Solid.
- Unsaturated fats are good for you!

- Amount of trans fats is sometimes NOT indicated on the food label.
- Look at the ingredients list for: margarine, shortening, partially hydrogenated vegetable oil.

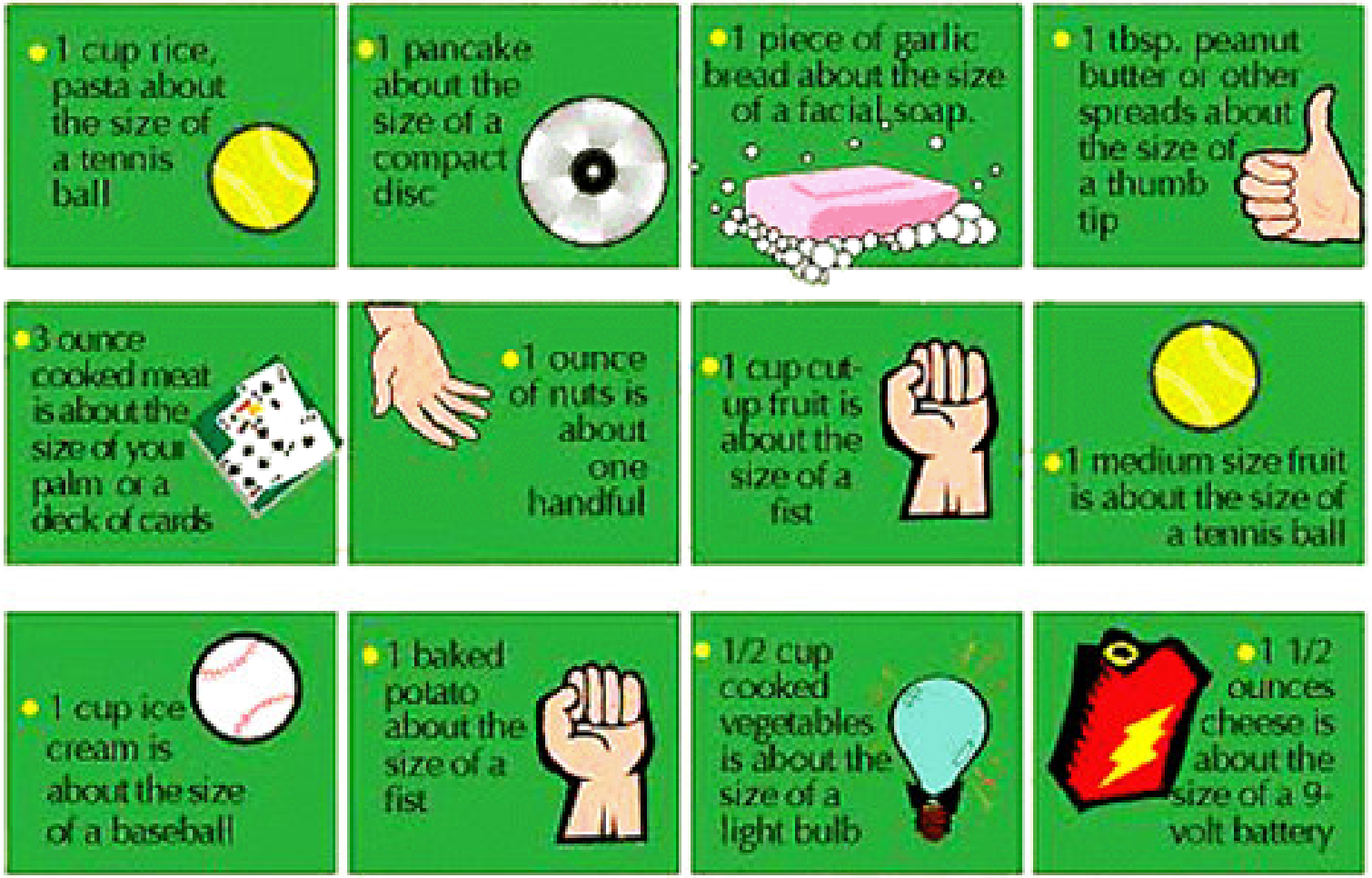
How Much Should I Eat From Each Food Group?

- For the general healthy population, diets are determined by: age, gender, weight, height, & level of physical activity.

- To know how much you should be eating from each food group, see the following link:
  http://www.choosemyplate.gov/myplate/index.aspx

- 1 kilo = 2.2 lbs
- 1 cm = 0.39 in & 1 in = 0.08 ft

What Do A Cup & An Ounce Look Like?



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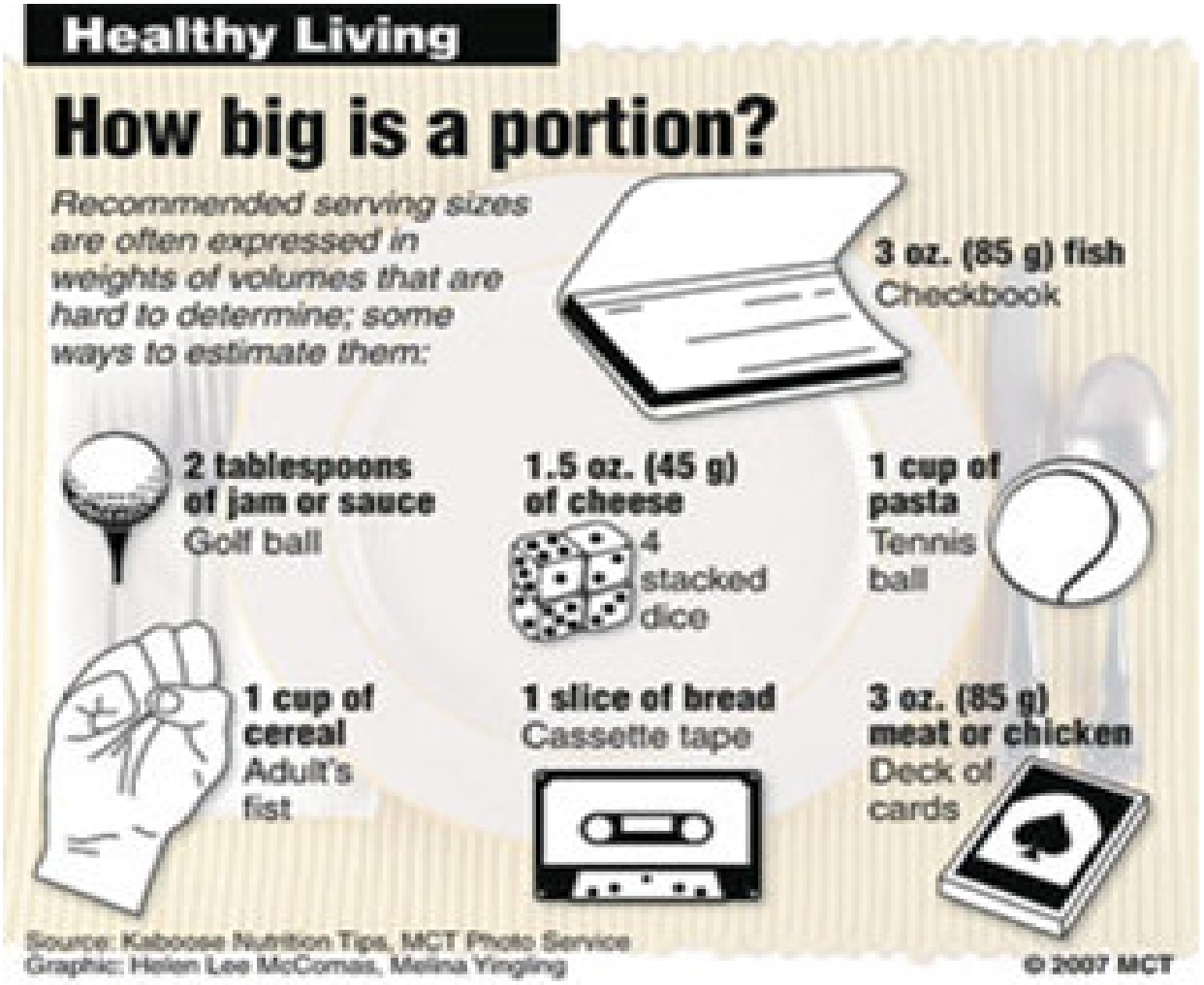

Calories & Nutrients

- The food groups provide Calories, nutrients, & non-nutrients.

- Calories = Give You Energy.
- Nutrients = Give You Energy, Help You Grow, & Keep You Healthy.

- Macronutrients = Carbs, Protein, & Fat.
- Micronutrients = Vitamins & Minerals.
- Non-nutrients = Phytochemicals.

Nutrients, Non-Nutrients, & Oxidative Stress

- Oxidative stress is caused by Free Radicals.
- Free radicals damage our cells.
- As a result, free radicals make us age, can cause cancer & a variety of other diseases.
- Free radicals can come from the environment.
- Free radicals are also produced by our bodies during energy production.
- Antioxidants bind to free radicals so that they cannot damage our cells. This is referred to as “quenching.”

Antioxidants

- Include non-nutrients & some nutrients.

- Nutrient Antioxidants:
- Vitamin C
- Vitamin E
- Se

- Non-nutrient Antioxidants:
- Phytochemicals = chemicals from plants ("phyto") that give plants their color, odor, & taste.

Antioxidants

- Some antioxidants are lost during heating. So try to eat cooked and fresh fruits and vegetables.
- Canned foods will have less antioxidants (with the exception of canned tomatoes).
- More colorful foods eaten = More phytochemicals eaten.
- Dark chocolate has antioxidants!

Empty Calories

- Empty Calories
- = Added Fat. (Note: Deep frying food adds fat!)
- = Added Sugar.

- You are allowed some empty Calories daily.

- To help you keep track of your empty Calories, refer to the following link:

http://www.choosemyplate.gov/foodgroups/emptycalories_count_table.html

Moderation

- No FORBIDDEN foods (with the exception of trans fats).

- Not too little + Not too much = Moderation.
- “Too much of a good thing can be a bad thing.”

Fast Food & Soda

- Can you eat fast food & drink soda as a part of your healthy diet?
- Yes!

- You can occasionally have fast food & soda. For soccer players, when you're taking a break from training & competing, you can have a fast food meal & drink some soda.
- Try diet soda. Diet soda is calorie-free & safe.

Table To Help You Keep Track

Meal	Grains	Veggies	Fruits	Dairy	Protein Foods	Empty Calories

Nutritional Guidelines

FOR:

AMATEUR SOCCER PLAYERS

IN THE GENERAL HEALTHY POPULATION

Why Is Nutrition Important For Soccer Players?

- Helps you play better.
- Helps you play at a consistent level.
- Helps you recover after & between matches.
- Helps you prevent injury.
- Helps you prevent illness.

Amateur Soccer Players vs. Elite Soccer Players

Amateur	Elite
• Trains less. • Plays less. • Plays in less competitive matches. • Example: • You!	• Trains more. • Plays more. • Plays in more competitive matches. • Example: • Premier League & La Liga Players.

Amateur Soccer Players vs. Elite Soccer Players

Amateur soccer players need less energy than elite soccer players.

Diet For Amateur Soccer Players

- Follow the guidelines for the general healthy population.

- When you entered your level of physical activity, your energy needs & nutrient needs were calculated with your physical activity level in mind.
- So you can receive all your energy & nutrients from FOOD.

Diet For Soccer Players

- Carbs = source of energy amateur soccer players rely on.
- Carbs stored in your body give you enough energy to last 2 hours.

- Protein = builds muscle & helps repair injury.

Diet For Soccer Players

- Fat = omega-3 & many vitamins come from fat.
- Omega-3 = keeps your heart healthy so that it can pump blood carrying energy & nutrients to your muscles.
- Remember vitamin E = antioxidant.
- During training or a match, you are producing energy.
- So you are producing free radicals.
- Antioxidants help you prevent injury & illness.

Diet Before Training Or A Match

- Eat high carb foods that break down quickly to give you energy.
- Bananas, bagels, fruit juice.

- Eat 1 to 4 hours before.
- Individual variation so try & see what works best for you.

Diet During Training Or A Match

- Drink a sports drink.
- No need to eat.
- DO NOT DRINK HIGH SUGAR DRINKS!
- So NO JUICE.
- You'll get a stomach ache.

Diet After Training Or A Match

- Eat high carb foods right after.

- Why?
- You've just used your storage of carbs.
- Your body will quickly store the carbs you eat after exercise.

Water Needs

- When should you drink water?

  (A) Before Training Or A Match

  (B) During Training Or A Match

  (C) After Training Or A Match

  (D) Two Of The Above

  (E) All Of The Above

  Answer: (E)

Water Before & After Training Or A Match

- Drink plenty of cool water.
- Drink water even if you don't feel thirsty.
- But don't drink so much water that it makes you feel sick or heavy.

- A Note On Hygiene: bring your own water bottle.

- Your favorite soccer players pour cold water over their heads.
- That does not hydrate them.

Water During Training Or A Match

- < 90 Minutes:
- Sweating = Loss of water = Need to hydrate.

- How much water do you need?
- Sweat Loss (liters) = Weight Before Training (kg) – [Weight After Training (kg) + Water Intake During Training (liters)]
- Calculate sweat loss during a match, too.
- When the weather changes, recalculate sweat loss.
- 1 kg of weight lost = 1 liter of water needed.

Water During Training Or A Match

- > 90 Minutes:
- Sweating = Loss of water & electrolytes = Need to hydrate with a sports drink.

- Sports drinks should have no more than 4 % sugar.
- Sports drinks also have electrolytes to replace those lost.
- Homemade Sports Drink = 8 ounces water + 4 teaspoons sugar + ¼ teaspoon salt + 1 teaspoon lemon juice.

Do I Need Protein Shakes & Supplements?

- NO.
- You get enough protein & other nutrients from food if you follow the guidelines.
- Eating more protein does not improve your muscle strength. Only exercise does.
- Supplements can provide excess nutrients → Toxic.
- Nutrients from supplements are less effective than nutrients from food.

I Hope This Helps You Become Healthier & Better Soccer Players!

PLEASE REMEMBER THAT THESE GUIDELINES ARE FOR THE GENERAL HEALTHY POPULATION.

IF YOU HAVE A DISEASE, SEE A DIETICIAN TO GET A PERSONALIZED DIET SPECIFIC TO YOUR NEEDS.