



NUTRITION **GUIDE**



FUEL UP FOR YOUR BEST PERFORMANCE

Fueling your body with the right amount of fluid and nutrients such as carbohydrates, proteins and fats will play a massive part in allowing you to reach your full potential in soccer. A nutritious diet is also vital in helping protect you from injuries and ensuring optimum recovery after training and matches.

CARBOHYDRATES

HOW THEY ARE USED...

- Carbohydrate is the fuel that powers your body
- Energy source for brain and nervous system
- Stored as glycogen (energy) in your muscles
- If carbohydrate is not used it stores as fat

TYPES OF CARBOHYDRATES

- Wholegrain bread & pasta
- Brown Rice
- Sweet Potatoes
- Whole Oats
- Grains
- Beans



FATS

HOW THEY ARE USED...

- Necessary component for our body in limited amounts
- Protects our vital organs by providing insulation
- Transports vitamin's in our bodies
- Consuming good fats in moderation will have long term health benefits
- Beneficial to the heart health and improves our cholesterol
- Provides the essential fatty acids that your body needs, but cannot make

TYPES OF FATS

- Nuts
- Virgin Olive Oil
- Avocados
- Olives
- Eggs
- Oily Fish (Salmon & tuna)

PROTEIN

HOW THEY ARE USED...

Protein plays a key role in the adaptations that take place in response to training. Amino acids from proteins form building blocks for the manufacture of new tissue, including muscle, and the repair of old or damaged tissue. They are also the building blocks for hormones and enzymes that regulate metabolism and other body functions. Protein provides a small source of fuel for the exercising muscle.

sources

- Beef
- Poultry
- Fish
- Dairy products
- Nuts
- Seeds
- Legumes like black beans and lentils



HYDRATION

In order for your body to properly function during basic everyday tasks, you must ensure that you are adequately hydrated at all times. Nearly all major systems in your body depend on water. It is the medium for all chemical reactions, including accessing stored energy from muscles and plays a major role in muscle growth the importance of hydration greatly increases as the physical and mental demands of training and games are added into your daily schedule.

How much and when to drink?

Players should limit dehydration during training and matches by drinking water. Obvious opportunities to drink during a match include warm-up and at half time. During training, the coach or manager should organize drink breaks according to the weather and intensity of the session. It is not necessary to drink enough to match sweat loss, but the amount of dehydration should normally be limited to a loss of less than about 2% of body weight. There should never be a need to drink more than the sweat loss so that weight is gained during exercise. This will not help performance and is likely to cause gut discomfort.



ANTIOXIDANTS

VITAMINS & MINERALS

They act like your bodies own police force for your immune system as they provide protection, aid recovery and maintain good health.

Have at least 5 portions of vegetables per day and 1-2 portions of fruit (lower portions of fruit as when liver energy levels are full the fructose in fruit gets stored as fat).



SUGAR & SALT

- Eating too much affects your blood sugar levels.
- The short but brief burst of energy sugar gives you makes you feel fatigued and lightheaded.
- A large sugar intake makes you more prone to gain weight.
- 3/4 of the salt we eat is already in our food so there is no need in adding more. Eating too much salt raises blood pressure which can lead to bad heart health.

GAME DAY

BREAKFAST (LIGHT)

- Oatmeal with milk & dried apricots
- Bran flakes / Fruit with milk
- Scrambled eggs with wholegrain toast
- Wholegrain toast with peanut butter / honey or banana

SNACK- PRE-MATCH (1-1.5 HOURS BEFORE MATCH)

- Low fat yogurt
- Tangerines / banana
- Rice cake with peanut butter

LUNCH- PRE-GAME MEAL (3-4 HOURS BEFORE GAME/ POST GAME 30 MIN DEPENDING ON KICK OFF)

- Chicken / tuna / egg sandwich on whole-wheat bread
- Large baked sweet potato with baked beans / tuna/ chicken
- Quinoa salad with chicken or salmon

POST GAME/AFTERNOON SNACK (DEPENDING ON KICK OFF)

- Fruit
- Fiber cereal
- Low-fat yogurt

DINNER

- Chicken / lentil soup with wholegrain bread

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- Whole-wheat sandwich with chicken / smoked salmon & low fat cream cheese & salad
 - Sweet potato with baked beans / tuna / extra lean chilli
 - Salmon/ turkey, avocado, brown rice salad



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