US SOCCER

SPORTS NUTRITION

FOUNDATIONS - TOP 3

Lindsay Langford, MS, RD, CSSD - Sports Dietitian
SCOPE OF WORK
1. NUTRIENT TIMING IS KING

- **Breakfast**
  - Image of breakfast foods

- **Snack**
  - Image of snack foods

- **Pre Snack**
  - Image of snack foods

- **Lunch**
  - Image of lunch foods

- **Recovery Dinner**
  - Image of dinner foods

- **Post Practice Recovery**
  - Image of recovery foods
2. PERFORMANCE PLATES

BUILDING YOUR PLATE

LIGHT DAY
Less than 1 hour of training (light activity, stretching, rehab, yoga)

When energy/glycogen needs are lower due to decreased activity, reduce carbohydrates and increase fruits & vegetable consumption.

2-3 Optimal Carb Servings PER MEAL

CARB GUIDE 1 SERVING = 150-70g CHO

ORGANS
1/2 cup rice
1/2 cup pasta
1/2 cup potatoes
1/2 cup corn
1/2 cup quinoa

LEAVES
8 oz 100% fruit juice
1/2 cup berries
1/2 cup sports drink

BREADS
1 slice of bread
1 English muffin

FRUITS/VEGGIES
1/2 cup sliced fruit
1/2 cup veggies

CARB PRO COLOR
25% 25% 50%

MODERATE DAY
1-2 hours per day
(Weight workout, practices, moderate training)

As training/games become more intense, increase your carbohydrate intake. Additionally, top off glycogen stores with a high carbohydrate snack before and after training.

3-4 Optimal Carb Servings PER MEAL

CARB GUIDE 1 SERVING = 150-70g CHO

ORGANS
1/2 cup rice
1/2 cup pasta
1/2 cup potatoes
1/2 cup corn
1/2 cup quinoa

LEAVES
8 oz 100% fruit juice
1/2 cup berries
1/2 cup sports drink

BREADS
1 slice of bread
1 English muffin

FRUITS/VEGGIES
1/2 cup sliced fruit
1/2 cup veggies

CARB PRO COLOR
35% 25% 40%

HARD DAY
2-3+ hours per day
(2 practices/workouts a day, game day, high-intensity workouts)

Fill half of your plate with carbs and include a moderate portion of protein, fruits and veggies. Be sure to have a carb-based snack before and during long training sessions.

4-6 Optimal Carb Servings PER MEAL

CARB GUIDE 1 SERVING = 150-70g CHO

ORGANS
1/2 cup rice
1/2 cup pasta
1/2 cup potatoes
1/2 cup corn
1/2 cup quinoa

LEAVES
8 oz 100% fruit juice
1/2 cup berries
1/2 cup sports drink

BREADS
1 slice of bread
1 English muffin

FRUITS/VEGGIES
1/2 cup sliced fruit
1/2 cup veggies

CARB PRO COLOR
50% 25% 25%
3. HYDRATION

**REASONS TO HYDRATE**

**Injury Prevention**
Muscles are made of 75% water

**GI/Bowel**
Prevent Constipation and improve vitamin break down

**Hunger/Weight**
Thirst and Hunger same pathway

**Performance**
Muscles are made of 75% water

**Energy**
Ability to use all nutrients in food

**Recovery**
Help muscles recover from training dehydration
3. HYDRATION

Set schedule
Half by lunch, half by bed

How much do you need?
Half your body weight in fluid oz/day
I.e: 150lbs = 75oz daily needs

Always carry bottle
Break your oz needed into bottle numbers
I.e: 70oz = 3 x 24oz bottle

Flavor if needed
Powders, drops, seltzers/carbonation, fruit

How much do you need?