

Soccer EDU

NUTRITION: What To Eat

As a general rule, people (athletes in particular) should practice good dietary habits. This should consist of eating a wide variety of fresh nutritious foods as part of an overall healthy lifestyle. These foods should consist of cereals high in fiber, some eggs, fresh fruits and vegetables, fish, lean meats such as skinless chicken, pork and lean meat. Salads with low fat dressing can also be included on a list of healthy foods to eat. Processed foods, such as salami, cured ham, bacon etc. should be avoided, as should most fried foods. Given the climate in Texas, it is also very important to stay hydrated as much as possible. Most sports drinks are high in sugar which is not really healthy. Bottled water is better and cheaper.

It is important to eat properly prior to a competitive game. Here is a sample of pre-game, day of game and post-game meals to eat.

Day Before the Game:

Complex carbohydrates are good the evening prior to the game. They are a good source of energy for the game. Spaghetti, pizza, and baked potatoes (sweet potatoes are better) are good to eat. Also, try to include some vegetables.

Day of the Game:

Breakfast: Cereal or eggs, and fruit or yogurt.

Lunch: A sandwich followed by some fruit.

If playing in a tournament with multiple games, eat lightly between matches, and drink lots of water. No fried foods or sugary drinks.

After the Game:

Replace energy sources with water, carbohydrates and protein. A balanced meal should contain some fats, protein and carbohydrates. Chicken or fish, a sweet potato, and vegetables would be good.