

## Sports Nutrition

Andy Cope, CFT  
Cheshire Soccer-Performance Coach

Sports nutrition, or eating for optimal performance, does not differ much from sound nutritional practices for the average person. Because your nutritional needs vary only slightly from those of the average person, the Food Guide Pyramid is a good place to start analyzing what you need for ideal athletic performance, recovery and good health.

The Food Guide Pyramid divides food into six different categories:

Grains (6-11 servings daily),  
Vegetables (3-5 servings daily),  
Fruits (2-4 servings daily),

Dairy (2-3 servings daily),  
Meats and Proteins (2-3 servings daily),  
Fats, Oils and Sweets (use sparingly).

### **Carbohydrates-**

The Grains, Fruits and Vegetables categories are the predominant sources of carbohydrate.

Carbohydrates are important because they are metabolized by the body to form glycogen (stored in the muscles and liver) and glucose.

Glycogen stored in the muscles provides the fuel needed by the cell's mitochondria to produce energy.

In the case of a muscle cell, glycogen provides the energy needed for muscle contraction to occur.

Glucose provides energy to the central nervous system (the brain and spinal cord).

**60-70% of your daily caloric intake (3-7 g carbohydrate per kg body weight; to determine your body weight in kilograms, divide your body weight in pounds by 2.2).**

### **Protein-**

The Meat and Protein and Dairy categories provide the majority of protein consumed in the diet.

Protein is important because it is used to build and repair skeletal muscle, organs and bone tissue.

**Protein should account for 10-15% of the total caloric intake, or 0.8-1.5 g of protein per kg of body weight (0.4-0.9 g of protein per pound of body weight).**

### **Fats-**

Important functions of fat within the body include:

Fat stored in the body as adipose tissue provides an energy source.

Body fat is necessary for insulation and protection of organs and hormonal regulation.

Fat is the carrier of and storage site for fat soluble vitamins A, D, E and K.

Fat is responsible for the formation of healthy cell membranes, proper development and functioning of the brain and nervous system and production of hormones.

**Fat should comprise less than 30% of the total daily caloric intake.**

## Pre-game/practice nutrition-

Preparation for games and practices occurs at least two days before, not two hours before! **A week of poor eating cannot be made up for in two days.**

The goals of the pre-game/practice meal/snack are to insure adequate hydration and glycogen stores. In order to achieve these two goals, here are a few recommendations:

- **Four hours pre-game/practice:** consume 2 g of carbohydrate per pound of body weight, from moderate glycemic index sources.
- **Two hours pre-game/practice:** consume at least one pint (16 fl oz./0.5 L) of fluid (water, milk, juice, or sports drink) and 0.5 g carbohydrate per pound of body weight. It is recommended that this meal/snack consist of low glycemic foods.

## Post-game/practice nutrition-

The goals of post game/practice nutrition include glycogen, electrolyte and fluid replenishment.

After a game or practice **you have a 15 minute window of opportunity which is the best time to begin replenishing your carbohydrate stores.**

You should **consume 0.5 g of carbohydrate per pound of bodyweight every two hours for 6-8 hours.**

These carbohydrates should come from high glycemic index sources.

You should also consume some protein with this carbohydrate.

**The amount of protein recommended for recovery is a 3:1 ratio of carbohydrate to protein.**

### Some examples of low glycemic foods-

banana, oatmeal, zucchini, apple, yogurt, orange, skim milk, tomato, broccoli, grapefruit, celery, plums

### Some examples of moderate glycemic foods-

apricots, pancakes, brown rice, croissant, cantaloupe, raisins, oat bran, macaroni & cheese, fresh corn, bran muffin, pineapple, whole wheat pita

### Some examples of high glycemic foods-




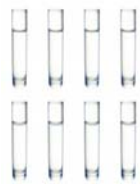
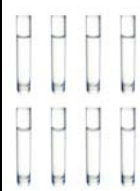
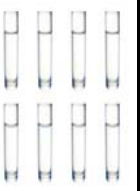





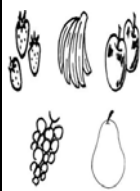
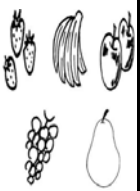
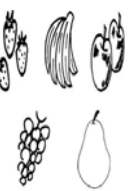




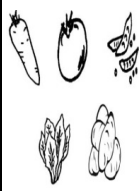


baked potato, corn flakes, parsnips, rice cakes, watermelon, whole wheat bread, broad beans, dates

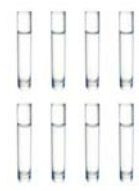



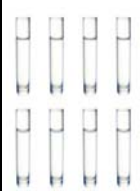
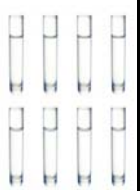
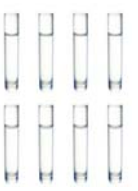

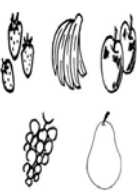
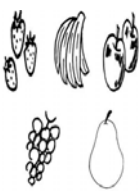
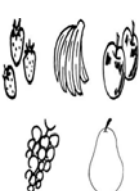
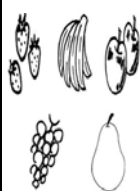
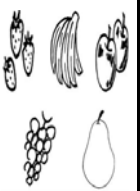
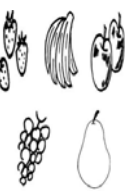




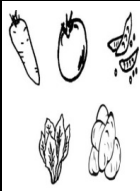


## Nutrition Daily Record

The daily intake should be at least:

- 1) 8 glasses of water
- 2) 5 to 9 pieces of fruit or vegetables combined

Print out and color/cross out one fruit or vegetable for each one you consume. The picture does not have to match the fruit or vegetable you consume.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Water							
Fruit							
Vegetables							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Water							
Fruit							
Vegetables							

## Summary & Disclaimer

### Summary

We at Cheshire Soccer are dedicated to inspiring player development in any way we can. Our goal is to develop happy and successful soccer players and help them reach their personal goals. We set ourselves high standards as role models to the soccer players and emphasize good sportsmanship and respect to all involved in this great sport. As advanced coaches, our targets are to show:

1. Enthusiasm
2. Integrity
3. Common Sense
4. Patience
5. Persistence
6. Ability to inspire
7. Pride in team and team work
8. Advanced game knowledge.

This document is used as a support tool for the developing soccer player. Feel free to use as much or as little of the information that you find useful. All pages are printable for your use. As a youth soccer coaching company, we at Cheshire Soccer aim to exceed your expectations. Good luck for the upcoming spring season.

### Disclaimer

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