



CHESTERMERE UNITED FC



Nutrition Guide



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Introduction

Playing soccer requires energy and a healthy body. Good nutrition will help players to maintain their performance and enable them to recover between practice sessions and games. Youth players burn more energy than adults.

Good eating and drinking habits should be part of the players general lifestyle, and should be tailored to meet the energy demands of the individual players. If a player consumes more energy producing food than is required, the body will store this as fat and therefore weight will increase.

Obtaining the right form of energy is the most important consideration for playing soccer. The two main fuel types used by exercising muscles are carbohydrates and fats.

During bursts of intensive activity, carbohydrate is the essential source of energy. It is the only source of fuel that can be converted into energy quickly enough to meet the demands of soccer. During less intensive parts of the game, both carbohydrates and fats will be used as fuel for the body.

While the body's stores of fat are vast, its stores of carbohydrate are limited and it is essential that carbohydrates provide a major part of a soccer players diet. Carbohydrate is stored in the liver and muscles as a substance known as Glycogen. The Glycogen stored in the muscles become depleted during exercise, and this eventually results in fatigue. Fatigue is a major factor in loss of performance.

It is important that Glycogen stores are maintained through consuming plenty of carbohydrates. These come in two forms, Starches (Complex Carbs, slow burning) and sugars (simple Carbs, fast burning). Both Complex & Simple carbohydrates are effective in improving performance & therefore should take up 50- 60% of a soccer players total energy intake.

Please take some time to read through this booklet and explain to your players as necessary. The information contained has been scientifically proven to assist and improve the performance of athletes worldwide.

We believe that if all our players modify their dietary intakes, we can improve their training and game performances and will therefore result in them becoming better soccer players.

Dave Clarke

Director of Coaching

Chestermere United FC

Why is the food we eat important

- Energy stores
- Concentration
- Fluid level
- Reduces the chances of getting injured and encourages growth and body repair



Demands of playing Soccer



Which systems meet the demands?

- Soccer may be considered an endurance sport, the typical distance covered by a top-class outfield player during a match is 10 – 13km . The **aerobic** system is the main source of energy during match play.
- Players perform many fast actions such as sprinting, shooting and tackling with sometimes only brief periods of recovery, therefore the **anaerobic** system is the source of energy.

What happens to Food we eat when we play soccer ?

During exercise the body breaks down the stored food to make energy, so that we can run, jump and tackle opponents.

Food fuels used in soccer are:

Carbohydrates

Used for fast actions e.g. tackles, sprints and shots at goal.

Protein

Used for growth of muscles and bones, especially important in young players.

Fats

Used for jogging and walking within the game.



Soccer Players

Ratio



Glycaemic Index (G.I.)

 **Carbohydrate** can also be described using the glycaemic index (GI). This tells us how quickly the carbohydrate gets into the body and is available to use for energy.

 **High GI** – carbohydrate is available for energy very quickly.

 **Low GI** – takes longer to be available for energy but leaves you feeling fuller.

High G.I. (70+)



Medium G.I. (56-69)



Low G.I. (0-55)



Food Type	G.I.
<i>Baked Potato</i>	93
<i>Cornflakes</i>	84
<i>Pretzels</i>	83
<i>Rice cakes</i>	82
<i>Jelly beans</i>	80
<i>Bagels</i>	72
<i>Shredded Wheat</i>	67
<i>Baby Potatoes</i>	62
<i>Ice Cream</i>	61
<i>Honey</i>	58
<i>Brown Rice</i>	55
<i>Banana</i>	55
<i>Packet of Chips</i>	55
<i>Porridge</i>	49
<i>Baked Beans</i>	48
<i>Grapes</i>	46
<i>Spaghetti</i>	43
<i>Apples</i>	38
<i>Skimmed Milk</i>	32
<i>Peanuts</i>	14

Breakfast for Champions!

- ✓ Poached or Scrambled egg (2-3 whites:1Yolk), Lean Ham, Grilled tomato and grilled or boiled Mushrooms and Baked beans.
- ✓ Cereal with skimmed milk OR porridge.
- ✓ Fresh fruit salad and Yoghurt .
- ✓ Glass of fruit juice
- ✓ Toast and preserves



Lunch (small portions)

- ✓ Fruit Smoothie
- ✓ Grilled chicken breast & baked beans.
- ✓ Baked Salmon with whole grain pasta
- ✓ Plenty of fluid
- ✓ Sliced fruit with yogurt.



Dinner - High G.I. Meal

- ✓ Chicken breast strips with pasta and rice with tomato based sauce
- ✓ Spaghetti Bolognese (low fat mince or chicken mince
- ✓ All with vegetables or side salad and fluid
- ✓ Fruit Salad for Desert



Food is Fuel !!!

- 💡 **Small food fuel stores** = can't last as long, you feel tired, can't run as fast

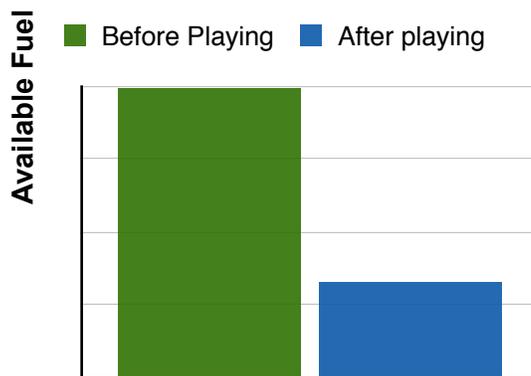


- 💡 **Large food fuel stores** = lots of energy for performance, high concentration levels



Food & soccer performance.

- 💡 During a game/training children and adolescents use more energy than adult players
- 💡 At the end of a game/training session fuel stores (carbohydrates, fats, proteins) have become low



To improve performance it is important that:

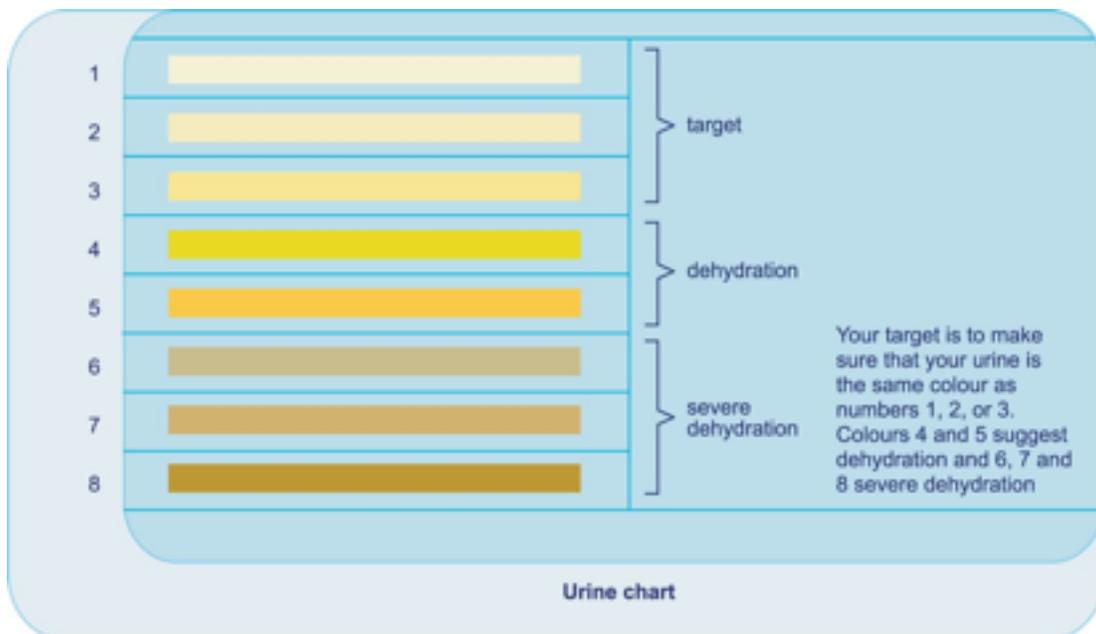
- 💡 **Before a game** – energy stores are as high possible.
- 💡 **During a game** – energy stores are topped up with isotonic sports drinks or water.
- 💡 **After a game** – energy stores are replenished as quickly as possible.

Fluid levels (only water)

- ✓ Try to drink at least 500 ml of water in the 2 hours before playing.
- ✓ Try to drink every 15 – 20 minutes before playing.
- ✓ Sip water constantly during pre-game routine and drink after warm-up.
- ✓ Drink immediately after playing, and at least a litre throughout the rest of the day.
- ✓ You can lose 2 litres of fluid in sweat during games played in moderate temperatures.
- ✓ **AVOID**— Pop, high sugar fruit juice, sports drinks.



Urine Chart - Target range at least twice per day!!



It is just as important to drink correctly!!

- 🕒 $\frac{2}{3}$ of the body is made up of water.
- 🕒 2% of body water lost, results in a 20% decrease in performance

Pre Match Meals

- ✓ 3 hours before exercise.
- ✓ Should include: - carbohydrates, protein and fluid.
- ✓ Schedule meal times prior to warm up not kick off.
- ✓ **DO NOT** consume complex Carbohydrates closer than 2 hours prior to exercise as this can cause a blood sugar imbalance resulting in light-headedness. Carbohydrate foods that have less effect on blood sugar are Apples, Pears, Peanuts, Pasta & yogurt.



Snacks

Snacks are an extremely important part of the soccer diet. They will keep the body topped up between meals and prevent fatigue.

- ✓ Sliced fruit
- ✓ Yogurt
- ✓ Cereal Bars
- ✓ Peanut Butter Sandwich



Post Match Meal

****This meal is absolutely crucial****

- ✓ Aims to replenish energy and aid recovery process
- ✓ 2 Hour Window
- ✓ Carbohydrate + Water in first 30-60mins with a second helping in the next two hours
- ✓ Protein within 2 hours
- ✓ During longer recovery periods (24h), players should organize the pattern and timing of carbohydrate-rich meals and snacks according to what is practical and comfortable for them individually.
- ✓ Carbohydrate-rich foods with a moderate to high glycaemic index should be the major carbohydrate source in recovery meals.



In the changing room or when traveling home.

- ✓ Sandwiches, Chicken, Tuna, Salad and Sweet corn on wholegrain bun.
- ✓ Pasta Salad
- ✓ Fruit loaf, Dried fruits, Nutri-Grain bars, Nature Valley bars
- ✓ Water

Preparing for Competition

Athletes should practice their dietary regime at all times throughout the season so that the body does not react to the new foods.

In the week before competition, the athlete should maintain a carbohydrate rich diet to gradually increase Glycogen (carbohydrate) stores. Fluid intake must be maintained for the week prior to maintain hydration levels.

It is advisable to eat a high G.I. breakfast on competition days with plenty of fluid. Give food time to digest, even if it means eating earlier than usual.

Fluid & food Intake during competition

Athletes must maintain their fluid levels throughout competition so that performance is not impaired. Insufficient levels will limit the body's capacity to lose heat via sweating and will result in overheating. Sipping regular small amounts of water is best practice.

If competition continues through the day, fluids & High G.I. Carbohydrates (e.g. pieces of fruit, muesli or granola bars) should be taken between performances. Refuelling after performances is extremely important to enhance recovery. If adequate time exists between games, a light meal may be taken to include protein to assist in recovery along with complex carbohydrates to replenish depleted levels in the body, with simple carbohydrates, closer to game time.

Coping with competition

Competition tension & stress should be carefully managed. Anxiety will tend to slow the rate at which food leaves the stomach, therefore allowances in time must be made for eating. Individuals will need to assess what food suits them best and adapt their diet accordingly. In some instances carbohydrate drinks may be used as a food substitute.

Sickness

Stomach troubles are common complaints during competition. Dehydration can set in rapidly where the body will lose both water and electrolytes. It is unwise to compete in this state as peak performance will not be attained and there will be a health risk to the athlete.

Priority must be given to regaining normal fluid and energy levels.

Plenty of fluids must be sipped continuously throughout the day.

DONT JUST BE - BE BETTER !!!

Summary

- ★ Food is fuel for energy
- ★ Energy is needed to meet the demands of match play and training
- ★ High fuel stores provide lots of energy for performance
- ★ Just as important to drink as to eat correctly
- ★ Young players use more energy than adults
- ★ Don't forget **rest** and **recovery** is also just as important
- ★ It is important to remember that this about improving your performance and not about dieting or losing weight
- ★ If your diet may need a bit of improvement, don't worry, it is never too late to improve
- ★ Improving is about everyone. You all have a part to play: players, parents and coaches – everyone's contribution is vital.

Eating Out

The best fast food choice is Subway. Here you can choose healthy combinations that best suit the individual athlete. Good selection would be turkey or tuna with salad (no pickles or peppers) with no dressing or a light vinaigrette dressing as an alternative.



Foods to Avoid

High fatty foods such as pancakes, burgers, hot dogs, pizza etc plus anything fried are not to be consumed before or after games or practice. Avoid pop and high sugar juices and any spices or pickles as these have an effect on digestion, and can affect blood sugar regulation.



The information in this booklet is intended as an educational and informational source only. It doesn't replace the advice of a qualified nutritionist, so it's advisable that you visit a specialist before taking up any of the nutritional suggestions on the website. The author is not a dietician, so make sure you consult your family physician or dietician before starting any type of diet, lifestyle or nutritional change. Some diets may be harmful for persons suffering from certain medical conditions and the author of the website cannot be held responsible for any harm or injury that might occur by following the instructions and tips found here.



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