Galaxy Soccer Club
Nutrition Guidelines

What you eat daily, weekly and monthly will affect your energy level, performance and overall health. Energy in means energy out!

Taking care of your body should be challenging but simple, hard but fun, and regimented but tasty!

EAT RIGHT AND GIVE YOURSELF THE EDGE!!!

Eat Right to Play Right- Nutrition for a Soccer Player

Your body is the most incredible creation in the world! But we take it for granted far too often. Stop for a second. Think about what is happening inside your body at this very moment…

- It is growing and re-creating itself-right now
- Out of 100 trillion cells, it is replacing 2.5 million red blood cells every second
- It is self-regulating-right now
- It is defending itself from millions of viruses and infections-right now

The list goes on…

Your body is the vehicle you take through journey. Take care of it, because you only get one. In fact, stop and look around you. You will see that some people take better care of their cars, homes, and other material treasures than they do their own bodies!

Nutrition needs to be a priority of an athlete's training. What you eat daily, weekly and monthly will affect your energy level, performance and overall health. Energy in means energy out! It is so important that a soccer player eats a well balanced diet high in complex carbohydrates and low in fats, which will help them to maximize their energy levels and perform at their optimal levels.

Proper nutrition not only benefits an athlete physically, but also mentally and that is half the battle on the field. If the brain is not well fed, then the player will not play to the best of their ability. Without the right food, a player can suffer from the inability to concentrate, lethargy (feeling tired all over), having visual problems, muscle cramps, dizziness, and even passing out.

This nutrition packet is designed to take a simple look at how to take better care of your body. There are simple ideas and rules of thumb that many have lived by for the past 30 years.

Taking care of your body should be challenging but simple, hard but fun, and regimented but tasty.

I hope this guide helps you achieve your own personal health goals.

PROTEIN

Protein- although your body requires the intake of protein, carbohydrates and fats, the component most athletes need to focus on and make sure they have enough of is protein. Let's start here…

Why? Protein is a part of every cell in your body. It is arguably the most important nutrient you need to keep you alive and healthy.

Protein is essential for providing bone and muscle strength, endurance, and immunity. These building blocks of the body are critical for taking care of and improving your body.

Quick tips on protein:

How Much?

- To add muscle while training with weights: Minimum 1 g protein per 1 lb body weight
- Just to maintain and stay the same protein should be 10-15% of daily caloric intake
- 1.5-2.0 g/kg of body weight ensures adequate protein intake. Greater than 4.0 g/kg of body weight per day, are not advised for athletes with impaired renal function or low calcium intake or those who are restricting fluid intake.

How Often?

- Example: a 200lb man
  - 200 grams of protein/ 6 meals per day
  - Approximately 33 g protein every 2-3 hrs.

Other Quick Protein tips:

- Eating protein increases your body's metabolism. Your body must work harder to break down (digest) protein, thus burning more calories.
- Fueling your body every 2-3 hrs with quality protein forces your body to work constantly, thus increasing your metabolism
- This also eliminates the snacking because you feel full longer
- Look at your food labels. Try to adhere to the minimal 4:1 ratio of protein: fat
- Surround your workout with protein
  - 30-45 min before with a fast-burning protein (Whey)
  - Up to 1 hr after workout replenish body with essential proteins. Again fast-burning whey is preferred. Also, try to take with something sugary. This is the only time that something sugary is preferred. Increasing your insulin level transports the protein into the muscle fibre faster.
- Make your body work at night while you sleep
- Eat a slow-burning protein, such as casein, 30-45 min before bed- powder form or cottage cheese.

What kind?

Some good proteins:

- Chicken breast-30g 4oz.
- Turkey 31g 4 oz or 4g per slice
- Tuna 32g 0.5 cup
- Fish/seafood (halibut) 18g 3 0z
- Ham/Pork 4g/slice 20g pork chop
- Red meat (lean cut) 23 g
- Eggs 6-7g in 1 egg
- Milk- 8 g 1 cup
- Cottage Cheese 28g 1 cup
- Nuts (almonds are a great snack)
- Black beans 6g 0.5 cup

Quality protein powders:

- Fast- Optimum Nutrition- ProComplex best protein "blend" 30g/scoop
- Slow- Optimum Nutrition- Casein Protein- slow burning 24g/scoop
- Fast- Pro Performance AMP amplified 100% whey 20g/scoop (take 2)

CARBOHYDRATES

Carbohydrates- Think of carbohydrates as energy. Like proteins, they are essential to your body. However things get a little trickier here: for every good carbohydrate there are hundreds of Bad carbohydrate choices.

Some suggested percentages (of total calories)

- Protein 10-15%
- Carbohydrates 45-60%
- Fats 25-30% with less than 10% From saturated fats

How much? 5-6 g/kg per day is reasonable

Good Carbs vs. Bad

- Good carbs provide the body with the fuel it needs for energy. Your body needs them to function.

- Bad carbs are easily spotted. Typically anything that has been processed or is not in its natural state. Additives, preservatives, or flavorings are not what you need.

SHOP IN THE OUTSIDE AISLES! MOST GOOD FOODS ARE FOUND IN YOUR GROCERY STORE OUTSIDE THE AISLES.

Good: Quick list

- Fruits, Vegetables, oatmeal, brown rice, skim milk, beans

Bad: Quick List

- White bread, white rice, corn tortillas, pasta, any kid of processed foods, sweets (cookies, cakes, candy), most cereals, pretzels, chips, juices.

Why bad carbs are bad: They spike your body's blood sugar/glucose levels.

Sugar is enemy #1

- We all have blood sugar levels in our bodies. If, over a period of time, we raise our levels too high, our body releases insulin, which signals your body to store fat. The insulin also sends our blood sugar levels back too low, thus making the body hungry and fatigued.

Processed Foods- Enemy #2!

Most contain lots of sugar, harmful chemicals, additives, preservatives, etc.

Key to understanding why this is bad—take a simplistic look at your liver's primary functions:

1. Liver breaks down fats so the body can use them (i.e. fat burning)
2. Liver filters all harmful substances like chemicals, additives, alcohol, preservatives. Simply put, when your liver is too busy working on job #2, it can't do job #1 properly. So give your liver a break, and let it do job #1 by limiting your intake of #2.

FATS

Fats-Fats are absolutely essential to our body. In fact, eating the right kinds of fats can help you lose fat. Eat good fat= burn fat. Eat bad fat = store fat.

Good fats: real butter, whole eggs, coconut and olive oils, avocados, raw nuts

Bad fats: Saturated & trans fats, hydrogenated oils, canola oil, vegetable oil, margarine, substitute butters.

If you can drive-thru it, then DRIVE THROUGH IT! Pick out the fast food restaurants with no drive thru, as they are usually healthier e.g., Subway, Jimmy Johns, Chipotle, Etc.

In general, most fast food restaurants are dangerous places for our bodies. Why? Because they typically specialize in all of the bad things discussed earlier. Bad fats, bad carbs, processed foods with high levels of additives, and typically terrible protein: fat ratios.

- Do they taste great? **Absolutely!**
- Is it convenient, or the easy way? **Absolutely!**
- Is it inexpensive? **Absolutely!**

But… Is it for someone who wants to take care of his or her body, has a healthy life, and/or is a stud athlete? **Absolutely not!**!

Interesting Facts…

- 2/3 Americans are obese or over weight.
- Each day 1 in 4 Americans eat fast food
- Only 7 items on McDonald's menu contains no sugar
- In the 1970's, Americans spend 3$ billion per year on fast food- today that number is over $115 Billion
- You would have to walk 7 hours straight to burn off a super-sized Coke, Big Mac & fries

IF you are going to eat fast food here are some tips….

- Try to find a healthier fast food restaurant (subway, Jimmy Johns, Chipotle)
- Stick with common sense. For example, whats better for you…
  -Premium grilled McChicken classic or Double Quarter Pounder?

Whenever possible:

Skip mayo & ketchup
Skip the tortilla, gets the bowl
Skip the cheese, sour cream
Order grilled chicken not breaded!
Watch out for Tuna (usually made with mayo).

Foods to Avoid

High-Sugar: Leads to rapid rise and fall in blood sugar, which results in less energy. Can draw fluid into gastrointestinal tract and contribute to dehydration, cramping, nausea and diarrhea (candy bars, desserts)

Fats: Take longer to digest (examples + bacon, sausage, gravy, sauces, potato chips, tacos, nachos, salami, chocolate, excess butter/margarine).

Carbs Nutrient-Poor Carbs: lead to premature use of glycogen stores in endurance events (ex= jam, jelly, white sugar, marshmallows, jelly beans, donuts).

WATER

Water- Water is the most abundant substance in the human body. Water makes up approximately 75% of your mass and, like protein, is a major component of every cell. Under optimal conditions, the body can survive 30 days without food but only 4-10 days without water.

Consuming water provides several advantages:

A. Water fills you up without calories
B. Staying hydrated improves your body's ability to exercise and burn calories
C. Water increases your body's ability to build and repair muscles
D. Water speeds up your metabolism.
E. Consuming adequate fluids before, during, and after training and competition is essential to optimal resistance training and aerobic endurance exercise.

A deeper look at why?

When your body does not get enough water, your liver has to pick up the slack from your water-deprived kidneys, which means it can't do its other jobs very effectively.

How much should I drink?

1. Drink half your body weight in ounces (200lbs/100 ounces=12.5 cups)
2. 1 cup= 8 oz

Most people start to drink more water but end up quitting because they're taking too many bathroom breaks. This is actually a good thing, as it means that your body is getting rid of excess water it does not need. And as long as intake stays high, frequency of bathroom breaks slows down/balances out.

Lose weight: Drink more!

Check the color!
Did you know your body could actually give you a sign that you are not drinking enough water? Your urine color can be one way to check your hydration level. Although several factors can affect your urine color, if your urine is a dark yellow color, it typically means you're not drinking enough water!

Water Challenge:
Try to go 1 week without drinking anything but water- and the occasional cup of coffee (if you need it). Try it! NO. POP. NO JUICE. NO SPORTS DRINK.

Hydration Before Activity:
Consume 1 pint of fluid 2 hrs prior to competition. Can drink milk, juice, and sports drinks, with or without a meal.

Hydration During Activity:
Athletes should start drinking before sensing thirst and continue to drink at regular intervals. Water, sports drinks, carbohydrate consumption. 6-8 fluid ounces should be consumed when possible

Hydration After Activity:
It is vital after high intensity exercise that you replace all water lost through sweating. To ensure adequate fluid intake it is recommended that 16 - 20 ounces of fluid is consumed. This amount will ensure rehydration has occurred before the next workout. Water, sports drinks are good sources of fluid intake.

Precompetition Meal-
Primary goal of precompetition meal is to provide fluid and energy for the athlete during performance.

Pre-Game Meal & Snacks

The night before a game, Pasta is always a good choice along with:

- Salad (very little dressing), Vegetables (fresh, frozen, or steamed)
- Rice (steamed or boiled) cooked dried peas, beans or lentils, Lean Meat, cheese & Crackers, Fish, Fresh or dried fruit, Poultry (not fried), potatoes (not fried), pretzels.
- It is recommended that players eat 2-3 hours prior to games and exercising. When there is food in the stomach, the heart pumped large volumes of blood to the stomach to aid digestion. When an athlete goes into a game or practice with food in their stomach, the heart will shunt the blood to the working muscles thereby stopping the digestive process. This can cause stomach gas and cramping. OUCH!

It is important for athletes to consume food and beverages that:
-They like
-They tolerate well
-Are used to consuming
-They believe result in a winning performance.
-Record keeping can be helpful in helping athletes determine their best pre-competition regimen.

Carbohydrate Loading:
A technique used to enhance muscle glycogen prior to long-term aerobic endurance exercise.

7-10 days before event

- Gradually reduce training or taper off. This will allow your muscles to rest and load with carbs
- Due to the fact you are training less, you don't need to eat more food just the same amount you have been eating all along.

3 days of carb loading the week before the event

- 600g of carb per day or 8-10g/kg of body weight. This regimen should increase muscle stores 20-40% above normal.
- Increase your intake of fiber-rich, complex carb foods: whole grain cereal; beans; starchy veggies like potatoes, corn, peas; whole wheat breads, fruit, and veggies. If you rely mainly on pasta, which is not fiber-rich, you may become constipated because you've decreased your training.
- Be sure to take enough fluids and protein to prevent constipation.

Day of Event

- Eat food you know you will digest and settle well.
- Pay attention to your fluid needs
- Don't try anything new.

Post Exercise Food Consumption
Consumption of foods or meals within the hour after the event containing mixed nutrient profiles (carbs, fats, protein) is an effective way to achieve adequate caloric intake and to enhance recovery.

Calorie Distribution for a Typical Day

Breakfast
1 cup shredded wheat
1 banana
1-cup skim milk
1 slice whole-wheat toast/margarine

Snack:
Fruit smoothie
Granola bar
Or
Peanut butter
Rice Cakes
Or
Tuna & Crackers

Lunch:
Turkey Sub
Fruit (apple)
Water
Pretzels

Or
Salad w/Chicken and veggies

Snack
Yogurt & almonds & blueberries

Dinner
Chicken breast
Sweet Potato
Veggies- Broccoli or other dark green/ orange/red

Snack
Slice of cheese
Slice of ham
Or Protein shake or Nuts