

Nutrition Conditioning Goals for Soccer

Presented by Leslie Bonci, M.P.H., R.D.
Director-Sports Medicine Nutrition - UPMC

- Contact Information
 - Leslie Bonci
 - Tel: (412) 432-3674
 - E-mail: lbonci@msx.upmc.edu
- Leslie agreed to answer any specific questions our players and parents had on sports nutrition.
- Coach Pimpinella met with Leslie during PAWest Soccer Annual Meeting in March 2002



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Nutrition Conditioning Goals for Soccer

Drink More Fluids- 60 ounces per 90 pounds body weight per day

- Drink fast gulps - do not sip (like from sports bottle)
 - Take top off bottle and drink from wide opening
 - Gets more fluids in stomach and into muscles faster
- Night before a game or practice
 - 4-6 ounces of water before bed for pre-teens
 - Up to 16 ounces before bed for adults
- Morning of game or practice -16 ounces at wake up
- 2 hours before practice - 17 ounces
- Pre-exercise - 6-8 ounces - Avoid fruit juices before exercise
- During exercise - 4-8 ounces every 15-30 minutes - alternate between water and sports drink
- After exercise - 24 ounces of fluid for every pound lost - some immediately after practice and within 2 hours after
- Best drinks after practice - Gatorade type, lemonade, fruit punch. Avoid - carbonated drinks, drinks with caffeine
- Good food sources with fluids - soup, fruit ices, Jello, Popsicle



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Replace carbohydrates immediately after practice or games

- Within 15 minutes of the end of practice or game (at fields) - Suggested foods - Pick one
 - Jelly beans
 - Gum drops/ gummy bears
 - 3 granola bars
 - Dry cereal
 - Grapes
 - Pretzels

Replace potassium and sodium lost after exercise

- After practice or game (at home) - Pick one suggested combination
 - Orange juice and salted pretzels
 - Baked potato with ketchup or salt on it
 - Nectarine and some Chex mix
 - Dried apricots and salted nuts
 - Banana and some salted popcorn



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Meals

- Small more frequent meals are best - provide available fuel for your body
- 5 or more eating episodes per day EVERY 3-4 hours
- Carbohydrate - The optimum fuel for exercise
 - Bread, bagels, English muffins, pita, tortilla, rice, pasta, cereal, crackers, pretzels, potatoes, fruit, fruit juices, popcorn, vegetables, sports drinks, granola bars
- Meals should be 2/3 carbohydrate and 1/3 protein

At Half-time (pick one suggested item)

- Gummi bears (handful)
- Rice Krispies treat
- Swedish fish (handful)
- Jelly beans (handful)
- Granola or cereal bar



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Important Information On Protein Intake

- Body can't use more than 1 gram of protein per pound body weight
- Benefits of protein are not immediately available as an energy source - therefore do not consume just before practices or games
- Protein is important for recovery and to boost the immune system

Important Information On Fat Intake

- Too much fat consumed can cause cramps
- Not enough fat can cause fatigue more quickly
- Limit high fat foods before and during exercise



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Pre Workout Meals (Suggestions)

3 Hours Before

Pasta
Stir-Fry
Sandwiches
Fajitas
Eggs and Toast
Chicken, potato, veggie
Veggie burger

2 Hours Before

Bagels
Crackers
Pretzels
Smoothies
Cereal with milk
Waffles or pancakes
Pasta salad

1 Hour Before

Cereal bar
Pretzels
Toast
Instant breakfast
Nutrition shake

Evening Snacks

Soft Pretzels
Bagels
Frozen yogurt
Pudding

Cereal
Cereal bars
Sports bar
Fruit ice

Crackers
Trail mix
Fruit
Popcorn



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