



JR7 SOCCER

4 STEPS TO PERFECT GAME DAY NUTRITION

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ESTIMATED DAILY ENERGY (CALORIE) NEEDS FOR COMPETITIVE SOCCER PLAYERS

- CALORIES = ENERGY
- As a competitive soccer player, you need to eat the right amount of energy (calories) for peak performance and to maintain optimal fitness
- The intensity and duration of workouts also affect your total energy needs
- Your body uses energy most efficiently when you eat on schedule, fueling your body several times a day

Training & Workout Intensity	Calories Per Pound of Body Weight	Example: 120 Pounds	Example: 160 Pounds
Low (injured or minimal exercise)	13-15	1,560-1,800	2,080-2,400
Limited (training 30-60 minutes, 5-6 times/week)	16-18	1,920-2,160	2,560-2,880
Moderate (training 1-1.5 hours, 5-6 times/week)	19-21	2,280-2,520	3,040-3,360
High (training 1.5-2 hours, 5-6 times/week)	22-24	2,640-2,880	3,520-3,840
Very High (training 2-3 hours, 5-6 times/week+)	25-30 or more	3,000-3,600	4,000-4,800

Nutrition on the Move, Inc

Calorie Needs Example 1

140-pound athlete training 1.5 hours per day, 6 days per week

Energy needs: 21-22 calories per pound (140) per day = 2,940 to 3,080

Calorie Needs Example 2

160-pound athlete training 2.5 hours, 5-6 days per week

Energy needs: 22-24 calories per pound (160) per day = 4,000-4,800

4 STEPS TO PERFECT GAME DAY NUTRITION

STEP 1 - FILL THE TANK | STEP 2 - TOP OFF | STEP 3 - RE-ENERGIZE | STEP 4 - RECOVER

POOR NUTRITION = REDUCED ENERGY, SPEEDS, GROUND COVERED, PERFORMANCE, AND DECISION MAKING

MAKE SURE YOU ARE FUELED PROPERLY TO MAXIMIZE ON FIELD PERFORMANCE!

In addition to everyday nutrition, a game day nutrition plan can be broken down into 4 parts:

1. **"FILL THE TANK"** with your pre-game meal 3-4 hours before kick-off. This should be your largest meal. It ensures fuel stores to power you through the game and allows adequate time for digestion. Try wholesome carbohydrates, lean protein, fruit/juice and healthy fat. About 2/3 of your plate should be carbohydrates.
2. **"TOP OFF"** with a snack about 1-2 hours before your game. This snack should be carbohydrate based & adds to your already full fuel stores. Pick something familiar & easy to digest. A granola bar & fruit with Gatorade are good choices.
3. **"RE-ENERGIZE"** at halftime with carbs, electrolytes & fluid to power through the second half. A small snack at halftime can delay fatigue in the second half, when the game is on the line. Try Gatorade, granola bars & sports gels.
4. **"RECOVER"** immediately after the game with a mixture of carbohydrates & protein. This recovery snack replenishes your fuel stores and repairs damaged tissue. Always follow up with a whole food meal 1 hours after your recovery snack. Try Gatorade Recovery Shakes or Chocolate Milk with fruit or Gatorade post-game to maximize recovery.



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STEP 1 - FILL THE TANK | STEP 2 - TOP OFF | STEP 3 - RE-ENERGIZE | STEP 4 - RECOVER

STEP 1: FILL THE TANK

“FILL THE TANK” & hydrate with a pre-game meal 3-4 hours prior to your game.

GAME TIME	“FILL THE TANK” Time
1:00 pm	Between 9:00 am & 10:00 am
4:00 pm	Between 12:00 pm & 1:00 pm
7:00 pm	Between 3:00 pm & 4:00 pm

This should be your largest meal, to provide sustainable energy & allow for adequate digestion.
Never try anything new on game day!

WEIGHT OF ATHLETE	CALORIES NEEDED TO “FILL THE TANK”
145 pounds	800 - 1100 kcal
165 pounds	900 - 1200 kcal
185 pounds	1000 - 1300 kcal
200 pounds	1100 - 1400 kcal

The meal should consist primarily of wholesome carbohydrates & fruit/juices for fuel, a moderate amount of lean protein to maintain lean body mass & small amounts of healthy fat for sustainability. $\frac{2}{3}$ of your plate should be carbohydrates.

CARBOHYDRATES	PROTEIN-LIMIT	FAT-LIMIT
Bread Bagels Kashi Cereal Rice Pasta Fruit 100% Fruit Juice Sport drinks Baked Potato Sweet Potato	Lean Beef Skinless turkey Skinless chicken breast Fish Tofu Low fat milk Low fat cottage cheese Low fat yogurt	Peanuts Almonds Walnuts Sunflower Seeds Pumpkin Seeds Olive Oil Olives Avocado Natural Peanut Butter Almond Butter

4 STEPS TO PERFECT GAME DAY NUTRITION

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FILL THE TANK EXAMPLES

“FILL THE TANK” & hydrate with a pre-game meal 3-4 hours prior to your game.

1000 kcal Pasta Meal	1200 kcal Pasta Meal	1300 kcal Pasta Meal	1400 kcal Pasta Meal
2 cups pasta (2 fists) Marinara Sauce 1 whole wheat bread stick 6 oz chicken breast 1 cup melon 20 oz sports drink	2 cups pasta (2 fists) Marinara Sauce 2 whole wheat bread stick 6 oz chicken breast 2 cup melon 20 oz sports drink	2.5 cups pasta (2 fists) Marinara Sauce 3 whole wheat bread stick 6 oz chicken breast 1 cup melon 20 oz sports drink	3 cups pasta (2 fists) Marinara Sauce 3 whole wheat bread stick 6 oz chicken breast 1 cup melon 20 oz sports drink

1000 kcal Sandwich Meal	1200 kcal Sandwich Meal	1300 kcal Sandwich Meal	1400 kcal Sandwich Meal
4 slices whole wheat bread 6 oz lean deli meat 1 oz cheese $\frac{3}{4}$ cup watermelon 20 oz sports drink	4 slices whole wheat bread 6 oz lean deli meat 1 oz cheese 22 baked chips 1 cup watermelon 20 oz sports drink	4 slices whole wheat bread 6 oz lean deli meat 1 oz cheese 33 baked chips 1.5 cup watermelon 20 oz sports drink	4 slices whole wheat bread 6 oz lean deli meat 1 oz cheese 44 baked chips 1.5 cup watermelon 20 oz sports drink

1000 kcal Breakfast Meal	1200 kcal Breakfast Meal	1300 kcal Breakfast Meal	1400 kcal Breakfast Meal
2 cups kashi cereal 8 oz skim milk 4 scrambled egg whites w/olive oil 1 slice whole wheat toast 14 grapes 20 oz sports drink	2 cups kashi cereal 8 oz skim milk 4 scrambled egg whites w/olive oil 3 oz deli ham 2 slice whole wheat toast 14 grapes 6 oz juice 20 oz sports drink	2.5 cups kashi cereal 8 oz skim milk 4 scrambled egg whites w/olive oil 3 oz deli ham 3 slice whole wheat toast 14 grapes 20 oz sports drink	3 cups kashi cereal 8 oz skim milk 4 scrambled egg whites w/olive oil 3 oz deli ham 3 slice whole wheat toast 14 grapes 20 oz sports drink

4 STEPS TO PERFECT GAME DAY NUTRITION

STEP 1 - FILL THE TANK | **STEP 2 - TOP OFF** | STEP 3 - RE-ENERGIZE | STEP 4 - RECOVER

STEP 2: TOP OFF

“TOP OFF” with a similar carbohydrate based snack about 1 to 2 hours before the game.

GAME TIME	“FILL THE TANK” Time
1:00 pm	Between 11:00 am & 12:00 pm
4:00 pm	Between 2:00 pm & 3:00 pm
7:00 pm	Between 5:00 pm & 6:00 pm

Keep this meal small, familiar & easy to digest. A Gatorade bar with fruit or a sports drink works well. If you want whole food, try the following:

Peanut Butter & Jelly	Sandwich Meal	Smoothie	Breakfast Meal
2 slices whole wheat bread peanut butter jam 1 piece of fruit 8 oz sports drink 16 oz water	2 slices whole wheat bread 3 oz deli meat 1 piece of fruit 8 oz sports drink 16 oz water	8 oz low fat yogurt 1 cup frozen fruit 1 TBSP Peanut butter 8 oz fruit juice 16 oz water	1 cup kashi cereal 8 oz skim milk 1 piece fruit 8 oz fruit juice 16 oz water

4 STEPS TO PERFECT GAME DAY NUTRITION

STEP 1 - FILL THE TANK | STEP 2 - TOP OFF | **STEP 3 - RE-ENERGIZE** | STEP 4 - RECOVER

STEP 3: RE-ENERGIZE

“RE-ENERGIZE” at halftime with carbs, electrolytes & fluid to power through the second half. Aim for 30-60 grams of Carbohydrates per hour. A small snack at halftime can delay fatigue in the second half, & make sure your performance is high when the game is on the line!

Remember to keep this snack small, familiar & easy to digest.

RE-ENERGIZE EXAMPLES:

- Gatorade or Gatorade Endurance
- Fruit (banana, grapes) + Water or Gatorade
- ½ - 1 Cliff bar + Water or Gatorade
- ½ - 1 Gatorade Recovery Bar + Water or Gatorade
- Broth based soup (cold weather games)
- All fruit popsicles (hot weather games)

4 STEPS TO PERFECT GAME DAY NUTRITION

STEP 1 - FILL THE TANK | STEP 2 - TOP OFF | STEP 3 - RE-ENERGIZE | STEP 4 - RECOVER

STEP 4: RECOVER

“RECOVER” with carbohydrate & protein IMMEDIATELY after the game to enhance recovery.

GAME TIME	“RECOVER” Time
1:00 pm	~3:00 pm
4:00 pm	~ 6:00 pm
7:00 pm	~ 9:00 pm

Timing is essential for optimal recovery! “RECOVER” AS SOON AS POSSIBLE after the game! A Gatorade recovery shake or chocolate milk paired with a source of carbohydrates, such as fruit or a sports drink will provide the nutrients to RECOVER & help repair broken down muscle tissue.

WEIGHT OF ATHLETE	“RECOVER” WITH
145 pounds 60-80g Carbs: 20g Protein	20 oz chocolate milk + 1 banana + 10 oz sports drink
165 pounds 68-90g Carbs: 23g Protein	22 oz chocolate milk + 1 banana + 20 oz sports drink
185 pounds 75-100g Carbs: 25g Protein	24 oz chocolate milk + 1.5 banana + 10 oz sports drink
200 pounds 81-110g Carbs: 27g Protein	25 oz chocolate milk + 2 banana + 10 oz sports drink

Always follow your immediate recovery snack with a whole food meal about 1 hour later. This meal should contain wholesome carbohydrates, lean protein, healthy fats & colorful fruits or vegetables. Avoid fried foods which can impede recovery.

HEALTHY SNACK OPTIONS FOR TRAINING & COMPETITION

EVERYDAY TRAINING SNACKS	PRE-COMPETITION OR WORKOUT	POST-COMPETITION OR WORKOUT
1 cup (56g) oatmeal square cereal + ½ cup (119ml) milk	½ - 1 peanut butter and jelly sandwich on whole wheat bread + Sports Drink 12 oz	1 cup (237 ml) chocolate milk or recovery protein shake + Sports Drink 12 oz
1 slice (1 oz or 28 g) whole wheat toast 1 TBSP (11g) peanut butter	Banana + Sports Drink 12 oz	1-2 TBSP (11-22g) peanut butter + 4-8 whole wheat or graham crackers + Sports Drink 12 oz
½ cup fresh blueberries + 1 cup (237 ml) low fat yogurt	Granola bar (containing 10g of protein) + Sports Drink 12 oz	6 oz (164ml) greek yogurt + banana + Sports Drink 12 oz
6 whole wheat crackers (28g) + 1 ½ ounces (42g) cheese	1-2 TBSP (11-22g) peanut butter + 4-8 whole wheat or graham crackers + Sports Drink 12 oz	2 (56g) mozzarella cheese sticks + 4-8 whole wheat or graham crackers + Sports Drink 12 oz
1 mini-bagel (26g) with 1 oz (28g) deli ham & 1 oz (28g) deli cheese	1 mini-bagel (26g) with 1 TBSP (14.5g) of cream cheese + Sports Drink 12 oz	1 oz (28g) turkey wrapped around a cheese stick (28g) with 2-4 (9-19g) whole wheat crackers + Sports Drink 12 oz
1 medium (173g) baked potato with ⅓ cup (38g) shredded cheese & TBSP (36g) salsa	Small (1.5 oz or 43g) bag of pita chips + Sports Drink 12 oz	½ cup (70g) mixed nuts and dried fruit mix + 1 oz (28g) dark chocolate bits + Sports Drink 12 oz
1 TBSP (11g) peanut butter and 1 TBSP (20g) jam on 1 slice (1 oz or 28g) of whole grain bread	Apple sauce + Handful of almonds + Sports Drink 12 oz	Peanut butter packet (2 TBSP or 22g) + 10 pretzel twists (60g) + Sports Drink 12 oz
½ english muffin (29g) pizza with 2 TBSP (31g) tomato sauce, 2 TBSP (22g) mozzarella cheese, & turkey pepperoni (15g)	Granola bar (containing 10g of protein) + Sports Drink 12 oz Small box (14g) of raisins + Sports Drink 12 oz	Granola bar (containing 10g of protein) + Sports Drink 12 oz
Smoothie: ½ cup (75g) frozen strawberries + ½ banana + ½ cup (119ml) milk & ½ cup (119ml) vanilla	4 oz (119ml) of yogurt with fruit + 12 oz	½ - 1 peanut butter and jelly sandwich on whole wheat bread + Sports Drink 12 oz

"Eat Like a Champion" p (54 and 139)



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THANK YOU