



The use of sports nutrition

General health

Whats the importance of eating healthy?

Maintain optimal health and function

Reduce the risk of sickness & injury during heavy training

Make well considered decisions about the use of supplements

Training

What can eating healthy aid training to do?

Meet the energy and fuel requirements needed to support a training program

Achieve and maintain an ideal physique for Soccer

Enhance adaptation {positive muscular change} and recovery between training sessions

Refuel and rehydrate well during training sessions to perform optimally

Competition

How can eating and drinking help me perform to a higher standard?

Fuel up adequately prior to competition

Maintain hydration at an acceptable level during the event

Minimal consumption of carbohydrates during half-time to maintain stores

Achieve fuel and fluid for event without causing gastrointestinal discomfort

Promote recovery after an event

Ensure during prolonged competition that competition eating does not compromise overall nutritional goals

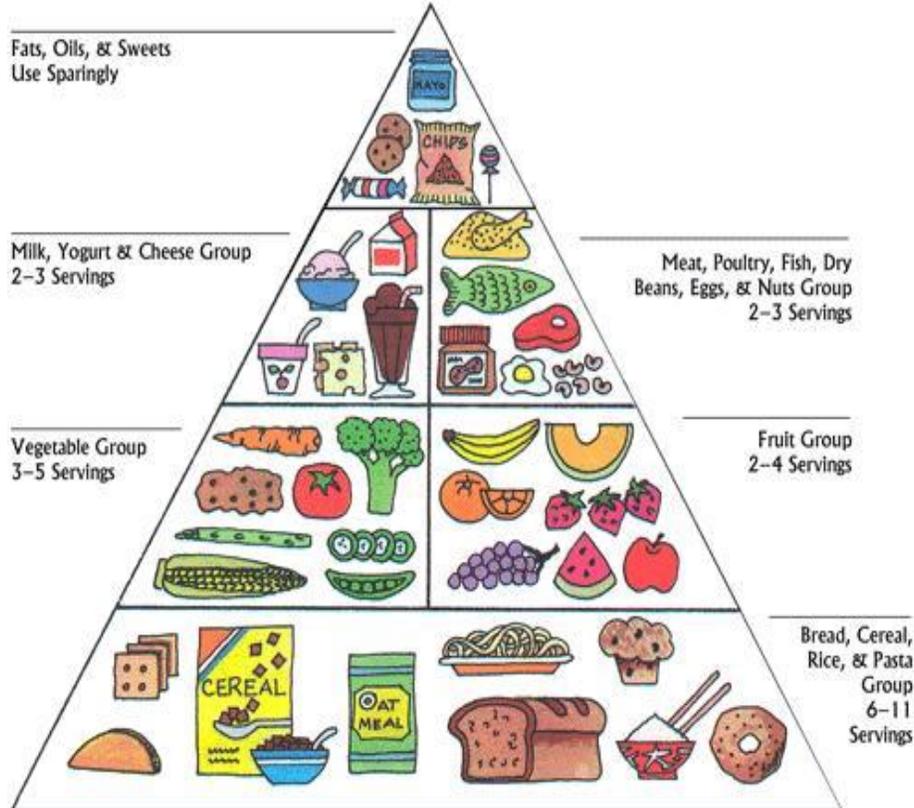
Dietary Goals for Soccer players

Soccer players use up large amounts of energy and fuel as they run, stroll, jog and sprint through games and practices of 90 minutes, or longer. A carefully considered diet should deliver plenty of glucose, properly timed and in large quantities, to the muscles, as to aid them in actively re-fueling and avoid the players “hitting the wall”.

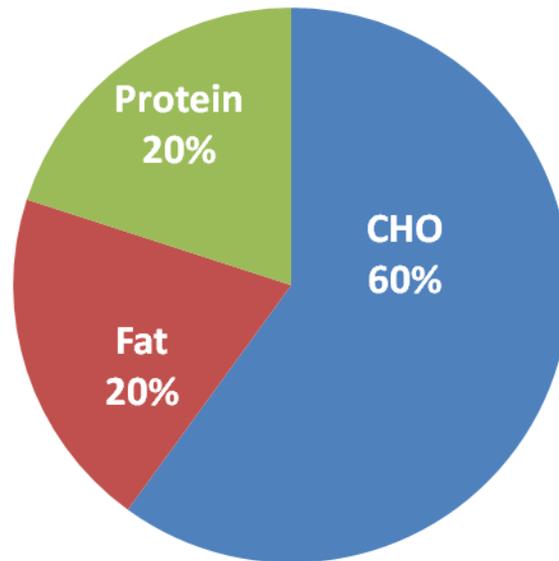
Nutrition makes a significant difference at all levels and ages. Eating too close to the game can cause the soccer player to feel discomfort and have a 'jelly-legged' effect. This is because there is too much food in the stomach and it becomes the bodies number 1 priority. Blood is redirected to the stomach, instead of delivering oxygen to the muscles; where its needed most!

Ideally, you should eat around 3 hours before kick-off. This gives the body enough time to change all of the food into stored energy, and be ready for the big game!

Below is a diagram of a suggested serving amount per-week, along with various food groups.



Your bodies daily dietary needs



Carbohydrates {CHO}

1 Gram = 4 Calories of energy

There are two types of carbohydrates - Complex carbohydrates and Simple Sugars. Both types effectively replace muscle glycogen. Starchy carbohydrates also contain vitamins and minerals as well as protein. Starchy carbohydrates can be bulky so athletes may have difficulty obtaining their full calorific requirements through starch carbohydrate's alone, therefore supplementing with simple sugar alternatives is necessary.

Fat

1 Gram = 9 Calories of energy

A small amount of fat is vital for optimum athletic performance. Active muscles quickly burn through carbohydrates and need fats for long-lasting energy. Athletes should concentrate on healthier fats, such as the unsaturated fat. Choosing when to eat fats is also important as Food high in Fat can slow digestion, avoid eating these foods before and after exercising.

Types of Fats

Saturated Fats

- ✦ Fats from animals/animal products
- ✦ Increase total cholesterol and bad (LDL) cholesterol
- ✦ Limit intake in diet (max 10% total energy intake)

Poly-unsaturated Fats

- ✦ Omega-3: oily fish; do not directly effect total cholesterol
- ✦ Omega-6: sunflower margarine; reduce total cholesterol with good (HDL) cholesterol
- ✦ 6% total energy intake

Mono-unsaturated

- ✦ Olive oil
- ✦ Reduce total & bad cholesterol; do not decrease good cholesterol
- ✦ 12% total energy intake

Protein

There is limited use for protein during exercise. However, protein does have a big impact on the rate of recovery of our muscles. And thus, to decrease the amount of time it takes the players to recover and be ready to play as close to 100% as possible, it is a crucial part of the diet. Many teams and players will have many games in a season, along with practising 3 times a week, and tournaments {which can consist of 5 games within a weekend}, it is essential for the players to recover as fast as possible to increase the playing capacity and chances of winning.