

# LOUDOUN SOCCER

## TRUE AP IMPROVES:

Speed

Agility

Quickness

Power

First Step

Coordination

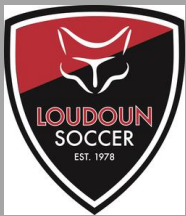
Balance

Overall Athletic



## Performance Nutrition Packet





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## PERFORMANCE NUTRITION

*Proper nutrition is a vital component of any effective training program. Without a good diet, athletes will never effectively train or meet their potential.*

### Minimize Deficiencies:

**deficiencies:** the amount lacked; incompleteness.

### Most Common Nutrient Deficiencies:

Water/ Hydration	Protein
Vitamins and Minerals	Essential Fats

*Nutrient Deficiencies can lead to:* reduced endurance, decreased muscle strength and power, increased recovery time after games and workouts, reduced muscle mass, and increased body fat.

### Stay Hydrated:

An athlete who loses even 1% of body water, decreases their endurance, strength, and power, and increases their heart rate. These factors all negatively impact an athlete's performance, and 1% of body water is lost in just one hour of exercise in the heat. Needless to say, when it comes to performance, even a little dehydration is a problem.

### Steps to Staying Hydrated:

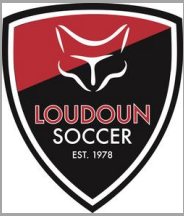
1. Drink 12-16 cups every day.
2. Fill a 1 liter bottle and drink it during workouts and practices.
3. Fill another 1 liter bottle and drink it right after workouts and practices.
4. Drink another 1 – 2 cups of water during every meal.

### Protein Power:

Because protein helps athletes recover from workouts by building muscle and losing fat, it is important that athletes consume more protein than the average person. Athletes who train hard need 1 gram of protein for every pound they weigh.

One portion of protein = 30 grams (which is roughly the thickness and diameter of your palm—equivalent to one scoop of protein powder).

Athletes should aim to get about 2 palm-sized portions of protein with each meal.



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## Proteins that travel well:

Beef jerky	Sting Cheese
Protein bars	Protein powder

## Good Fats:

Essential fats are good and are important for hard-training athletes. They help the body burn fat, build muscle, support cell growth and immune system function and improve the absorption of vital nutrients.

## Essential Fats can be found in:

Fish	Eggs
Lean Meats	Nuts/ Nut Butters
Seeds	Oils

## Healthy Fats that travel well:

Almonds, walnuts, cashews, or other nuts	Peanut butter or other nut butters
Sesame, pumpkin, or other seeds	

## Next-Level Nutrition:

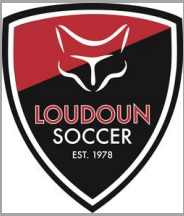
In order to ensure peak performance as an athlete, it is imperative to consider diet. Planning for pre and post meals for games and training, as well as for easy and smart food choices that travel well, ensure athletes' ability to follow through with a proper nutritional plan to aid in maximum athletic performance.

## Pre-training/ Game Nutrition helps:

Sustain energy	Boost performance
Stay hydrated	Preserve muscle mass
Speed recovery	

## Pre-game Dietary Guidelines:

2 – 3 hours prior (to game):	Two palms of protein
	Two fists of vegetables
	Two cupped handfuls of carbs



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<i>Eat a balanced meal of real food</i>	Two thumbs of fats
	A low calorie beverage, like water
<b>0 – 60 minutes prior (to game):</b>  <i>Less time to digest means food eaten within an hour of activity should be liquid-like (i.e. a shake or smoothie)</i>	One scoop of protein powder
	One fist of vegetables like spinach
	1 – 2 cupped handfuls of carbs like berries
	One thumb of fats like olive oil or nuts
	8 oz low calorie beverage like water or unsweetened almond milk

## During and Post- Game/ Training Dietary Guidelines:

<b>Less than 2 hours long</b>	Focus on hydration
	Use a sports drink if particularly hot outside
<b>Post-Game (0 – 2 hours after)</b>	Two palms of protein
	Two fists of vegetables
	Two cupped handfuls of carbs
	Two thumbs of fats
	A low calorie beverage like water

## Fast Foods that travel well:

<b>Carrot sticks</b>	<b>Celery sticks</b>
<b>Broccoli and Cauliflower</b>	<b>Bananas</b>
<b>Oranges</b>	<b>Apples and Pears</b>
<b>Dried Fruit</b>	<b>Almonds, walnuts, cashews, other nuts</b>
<b>Peanut butter or other nut butters</b>	<b>Sesame, pumpkin or other seeds</b>

## Injuries:

Rest, ice and pain relievers are key for injuries. Also: limit pain relievers 3-5 days after injury, eat more anti-inflammatory fats (fish oil), eat enough total food to maintain weight, take a few helpful supplements (multivitamin, mineral, fish oil, curcumin).

These daily nutrition and supplement strategies can help the recovery from **concussions**: 1 tbsp of fish oil, 2,000 IU of vitamin D, 2 grams of curcumin, 5 grams of creatine monohydrate, 2-3 cups green tea, and 7 servings of fruits and vegetables.