ASHBURN SC

nutrient chef

Nutrition for Young Soccer Athletes

Peek Performance – Competition and Recovery

Prepared exclusively for ASC Freedom: by Michele Powers, a Nutrition Specialist. For questions or comments write Michele@Nutrientchef.com

Training and Recovery

During the competition season, an athlete's daily diet becomes a recovery diet and must be used to maximize the athletes ability to perform at the next event.

- The most significant change to an athlete's daily performance diet during the competitive season is an increase in the amount of both **carbohydrates and fluids**.
- Carbohydrates are the primary source of energy for athletes during training and competition.
- Studies on athletes have proven that increasing the amount, and adjusting the timing of carbohydrates in an athlete's diet can improve an athlete performance.
- Carbohydrates are easily converted to blood glucose, which supplies energy to working muscles and your brain. Excess carbohydrates are stored as glycogen or potential energy, in your muscle and liver. The more muscle glycogen stored, the faster and longer an athlete can train or compete.
- Proper hydration is important to maximizing performance. Dehydration can effect both an athlete's mental concentration and physical ability.

Carbohydrate Content

Food	Amount	Carbs (grams)
Grains		
Rice, cooked	1 cup	45
Pasta, cooked	1 cup	40
Baegel, medium	2 ounce	30
English muffin	1 medium	26
Cheerios	1 cup	22
Sandwich bread	1 slice	14
Fruits		
Raisins	1/3 cup	40
Banana	1 medium	25
Apple	1 medium	20
Orange	1 medium	15
Vegetables		
Baked Potato	1 medium	29
Spagetti Sauce	½ cup	22
Corn	½ cup	15
Peas	½ cup	10
Carrots	½ cup	10

Carbohydrate Content

Food	Amount	Carbs (grams)
Convenience Foods		
Fruit yogurt	1 cup	50
Macaroni & Cheese	1 cup	48
Subway sandwich	6 inch	47
Spaghettios	1 cup	37
Grilled Chicken Sand.	1 sandwich	28
Pizza, pepperoni	1 slice	27
Beverages		
Apple juice	8 oz	30
Orange juice	8 oz	25
Milk,chocolate	8 oz	25
Gatorade	8 oz	14
Milk, 2%	8 oz	12

References: American Dietetic Association. (2006). Sports Nutrition Apractice Manual for Professionals 4th ed. USA. Library of congress Catalog in-in-Publication Data. Ryan, Monique. (2005). Performance Nutrition for Team Sports. Boulder Colorado. Peak Sports Press. Pam Gumkowski.

Pre Competition

The purpose of pre competition meal:

1) Increase or top off energy storage
2) Keeps athlete from becoming hungry

The ideal pre competition meal is high in carbohydrate, low in fat and can be digested easily. **Never experiment with new foods prior to competition.**

Recommended Carbohydrate Intake Prior to Competition		
Hours before:	Grams per lb (body weight)	Example 80 lb athlete
1	0.5	40 grams
2	0.9	72 grams
3	1.4	112 grams
4	1.9 – 2.0	152-160 grams

During Competition

Many Studies performed on athletes have proven that food consumed during competition or endurance exercise will:

1) Improve endurance performance
2) Increase blood glucose (energy) to preserve muscle glycogen (energy)

Recommended Carbohydrate Intake During Competition

- 30 grams every hour as food or sports drink
- Consider sports drinks which also aid in hydration
- Keep to low fiber foods for easy digestion

After Competition

The purpose of consuming carbohydrates after exercise:

1) Improve recovery time
2) Enhance future performance

Carbohydrates should be consumed within the first ½ hour to 2 hours after the competition.

Recommended Carbohydrate Intake After Competition

- 0.7 grams/lb body weight immediately after exercise
- Additional 0.70 grams/lb body weight 2 hours after exercise

Sports Drinks

Although liquid and solid carbohydrates are both effective during exercise in increasing blood glucose, liquids can often be absorbed more easily. Sports drinks are a good source of carbohydrate during exercise. They also help to maintain hydration and replace electrolytes lost in sweat. Because sports drinks are flavored, kids tend to drink more, helping them stay hydrated. Choose a sports drink that has 14-19 grams of carbohydrate.

Sports drinks with 16-17 grams of carbohydrate per 8 ounce serving:

- Accelarde
- Allsport Body Quencher
- Gatorade
- Powerade

Hydration

Proper hydration is the most important nutrition considerations for athletes. Even slight dehydration can decrease performance and mental acuity.

Tips for staying Hydrated

- Begin exercise well hydrates
- Drink During exercise; for you athlete aim for ½ cup every 15-20 minutes.
- After exercise drink 20 oz for every pound lost during exercise
- Monitor urine color; dark urine is a sign of dehydration
- Water is perfect choice during moderate conditions
- 1 medium gulp is equal to 1 ounce of fluid
- Kids will often drink more when beverages are flavored: another reason to offer sports drinks
- Drink sports drinks during extreme exercise or hot weather to replace electrolytes lost in sweat and supply carbohydrates
- Drink before you are thirsty
- Practice drinking during training