

ASC Freedom Soccer



Nutrition... before and during competition

(Intended as a guide only)

Have you ever wondered why visitors to tournaments are offered Donuts, Hot Dogs, Hamburger's, Pop and even a bag of potato chips to follow? It may not always be hospitality!

What the players eat and drink before and during a competition can be critical towards winning or losing. We all too often rely on misinformation or "when I was a kid/player" syndromes but there is medical proof that the food intake before and during a competition can and does make a difference.

Please feel free to copy the following "guide" and distribute freely. Remember it only a guide and we don't guarantee success in your next competition.

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Evening Meal;

Before a Competition:

Pre-event nutrition can have a major effect on performance. Players diet should be HIGH IN CARBOHYDRATES, LOW IN FAT. The target is 60-70% carbohydrate, 10-15% protein. This is a very important meal as the main energy reserves are made up from the previous days meals, not from the pre-game meal or big breakfast of the competition day.

Items recommended the night before a competition are:

Drinks	Meal Items	Desserts, Snacks
<ul style="list-style-type: none">• Apple Juice• Orange Juice• Vegetable Juice• Fruit Juice• Water	<ul style="list-style-type: none">• Spaghetti• Tomato Sauce with Meat• Rice (steam or boiled)• Lean Meat• Fish• Poultry• Potatoes	<ul style="list-style-type: none">• Cheese and Crackers• Popcorn (no butter)• Fruit - fresh or dried• Sherbet, 1 scoop• Pretzels• Plain Biscuits

- Cooked dried peas, beans or lentils
- Salad (very low dressing)
- Vegetables (fresh, frozen or canned)
- Pizza, (Cheese & Veggie)
- Bread, all varieties

AVOID:

Nutrient-poor carbohydrates:

- Jam, jelly, white sugar, marshmallows, jelly beans etc.

Fat:

- Chocolate, potato chips, tacos, nachos, cheezies
 - Gravy, sauces, salad dressing, butter, margarine
 - Fried Foods
 - High fat cold cuts (bologna, salami, sausage)
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**Breakfast;;
Before / During a Competition**

On most competition days the breakfast is the pre-game meal. The pre-game meal offers very little for the energy production system however, it can do much damage if the wrong foods are consumed.

It has been suggested that the player enter the game with stomach as empty as possible. When there is food in the stomach, the heart pumps large volumes of blood to the stomach to aid in digestion. If playing or practicing, however, the blood is shunted to the working muscles, therefore stopping the digestive process. This often causes stomach cramps and gas, making the player very uncomfortable.

Items recommended for breakfast the day of a competition are:

Drinks	Meal Items	Snacks
<ul style="list-style-type: none"> • Apple Juice • Orange Juice • Vegetable Juice • Fruit Juice • Water • Hot Chocolate • Milk 	<ul style="list-style-type: none"> • Bagels • Raisin Bran • Toast, 2-3 slices • Yogurt • Muffin, Bran - Oatmeal • Pancakes (low butter / syrup) • Bread, all varieties 	<ul style="list-style-type: none"> • Fruit bars • Fig Newtons • Fruit - fresh or dried • Raisins • Banana

AVOID:

Fat:

- Bacon, sausage, excess butter / margarine etc.

Fried Foods:

- Homefries, hash browns, fried/scrambled eggs etc.

**Lunch;
During a Competition**

If lunch is a pre-game meal please refer to the pre-game section. The pre-game meal offers very little for the energy production system however, it can do much damage if the wrong foods are consumed. It has been suggested that the player enter the game with stomach as empty as possible. When there is food in the stomach, the heart pumps large volumes of blood to the stomach to aid in digestion. If playing or practicing, however, the blood is shunted to the working muscles, therefore stopping the digestive process. This often causes stomach cramps and gas, making the player very uncomfortable. Items recommended for lunch the day of a competition are:

Drinks	Meal Items	Snacks
<ul style="list-style-type: none">• Apple Juice• Orange Juice• Vegetable Juice• Fruit Juice• Water• Milk Shake• Milk	<ul style="list-style-type: none">• Sandwich (2oz meat, fish or poultry)• Cup of stock soup• Bagels• Vegetables• Bread, all varieties	<ul style="list-style-type: none">• Fruit bars• Fig Newtons• Fruit - fresh or dried• Raisins• Apple• Banana• Cheese and crackers• Pretzels- Saltines

AVOID:

Fat:

- Excess butter / margarine etc., Salami, bologna, sausage, hamburgers, hot-dogs

Fried Foods:

- French fries, homefries, hash browns etc.

Pre-Game Meals / Snacks; Before a Competition:

During a Competition

The GOAL:

- An empty stomach and gastrointestinal tract, but enough fuel for the muscles and enough food to prevent hunger.
- A settled stomach and a confident athlete.
- A well hydrated, comfortable athlete.

Why?:

So that the blood will go to the working muscles, not the digestive organs. Because muscles rely primarily on fuel stored from meals eaten in the days before the competition. Food eaten on the day of the game fuels the brain and keeps the muscles topped up when the competition is long or intermittent. So that pre-competition nerves don't upset the stomach.

Items recommended for pre-game meals / snacks:

Drinks	Snacks
<ul style="list-style-type: none">• Water• Apple Juice• Orange Juice• Fruit Juice	<ul style="list-style-type: none">• Fruit bars• Fig Newtons• Fruit - fresh or dried• Raisins• Apple• Banana• Saltines• Popcorn (no butter)

1 Hour before the game:

(High carbohydrate, Low fat, little protein, Low fibre, primarily liquid)

- Milk and a medium banana
- Plain muffin and fruit juice
- Toast with jam and milk

2 Hours before the game:

(High carbohydrate, Low fat, moderate protein)

- Cereal, banana and milk
- Plain muffin and fruit juice
- Toast with jam and milk

3 Hours before the game:

(High carbohydrate, Moderate fat, more protein)

- Sandwich - Lean meat, fish poultry or egg, milk, fruit ...or
- 2-3 ounces of lean meat (not fried), 1 medium potato or rice or pasta, fruit and milk ...or
- Large bowl of cereal, fruit yogurt, toast, fruit

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