

GAME DAY NUTRITION

FREMONT YOUTH SOCCER CLUB



NUTRITIONAL TERMS

- CARBOHYDRATES: OUR MAIN SOURCE OF QUICK INITIAL RECOVERY AND LONG SUSTAINED ENERGY.
- FATS: ANOTHER SOURCE OF ENERGY ALSO PROVIDING PROTECTION.
- PROTEIN: A VITAL COMPONENT OF MUSCLE REPAIR.
- VITAMINS & MINERALS: CATALYSTS, PROTECTORS, AND HELPS RELAX AND CONTRACT MUSCLES.
- LIQUIDS: USED FOR HYDRATION, MAINTAINING OPTIMAL CORE BODY TEMPERATURE, AND ELECTROLYTE BALANCE.



CARBOHYDRATES: VEGETABLES



CARBOHYDRATES: FRUITS



CARBOHYDRATES: GRAINS



FATS



PROTEIN



VITAMINS & MINERALS



LIQUIDS



ELECTROLYTES:

THEY PLAY A ROLE IN CONDUCTING NERVOUS IMPULSES,
CONTRACTING MUSCLES, KEEPING YOU HYDRATED AND
REGULATING YOUR BODY'S PH LEVELS.



THE ATHLETE'S PLATES ARE TOOLS FOR YOU TO BETTER ADJUST YOUR EATING TO THE PHYSICAL DEMANDS OF THE GAME.



- EASY: AN EASY DAY MAY CONTAIN JUST AN EASY WORKOUT, WITHOUT THE NEED TO LOAD UP FOR COMPETITION WITH ENERGY AND NUTRIENTS.

- MODERATE : A MODERATE DAY MAY BE ONE WHERE YOU TRAIN TWICE BUT FOCUS ON TECHNICAL SKILL IN ONE WORKOUT AND HIGHER INTENSITY IN THE OTHER. THE MODERATE DAY SHOULD BE YOUR BASELINE FROM WHERE YOU ADJUST YOUR PLATE DOWN [EASY] OR UP [HARD / GAME DAY].

- HARD: A HARD DAY CONTAINS WORKOUTS THAT ARE RELATIVELY HARD OR A FULL FIELD HIGH INTENSITY GAME. IF YOUR COMPETITION REQUIRES EXTRA FUEL FROM CARBOHYDRATES, USE THIS PLATE TO LOAD UP IN THE DAYS BEFORE, THROUGHOUT, AND AFTER THE GAME DAY.



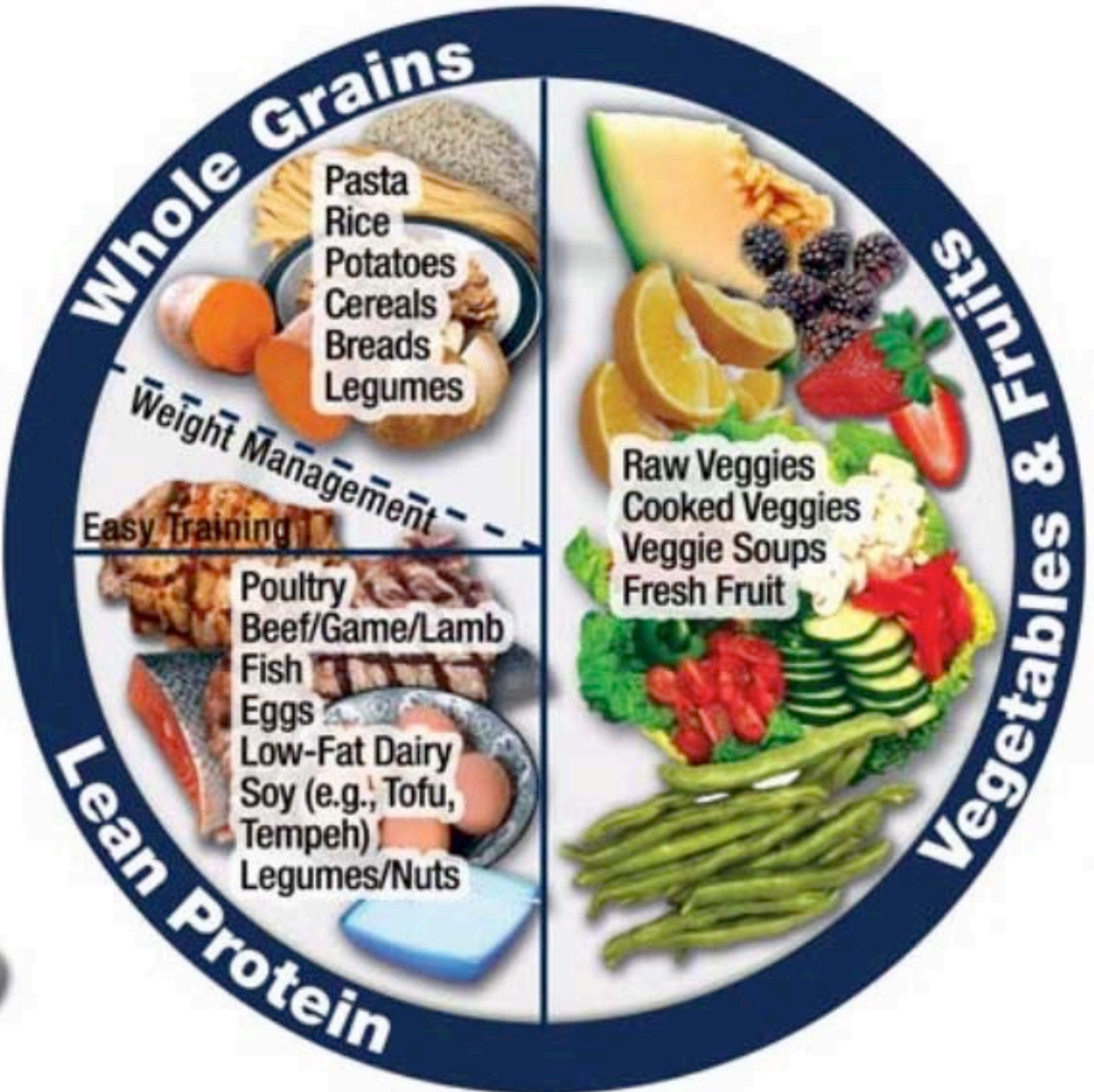
EASY TRAINING / OFF DAY

FATS

1 Teaspoon



- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



- Water
- Dairy/Nondairy Beverages
- Diluted Juice
- Flavored Beverages



Coffee
Tea

FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup



MODERATE TRAINING



FATS

1 Tablespoon



- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



Grains

- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes



- Fresh Fruit
- Stewed Fruit
- Dried Fruit



- Water
- Dairy/Nondairy Beverages
- Diluted Juice
- Flavored Beverages



Coffee
Tea

Lean Protein

- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g., Tofu, Tempeh)
- Legumes/Nuts



- Raw Veggies
- Cooked Veggies
- Veggie Soups



Vegetables

FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup





HARD TRAINING / GAME DAY

FATS

2 Tablespoons



- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



Grains

- Pasta
- Rice
- Potatoes
- Cereals
- Breads



- Fresh Fruit
- Stewed Fruit
- Dried Fruit



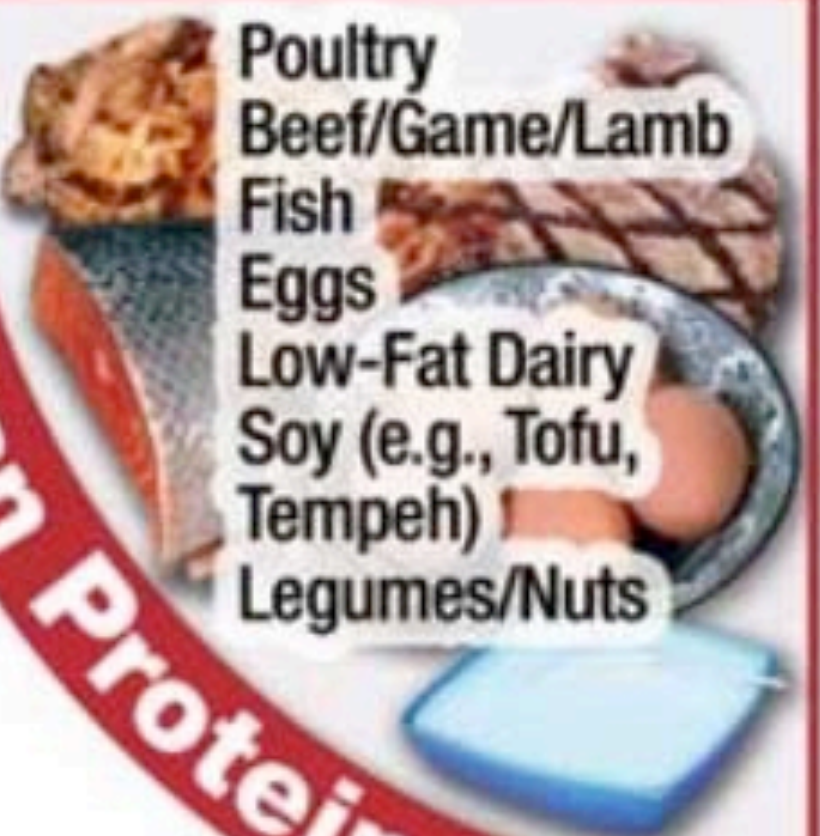
- Water
- Dairy/Nondairy Beverages
- Diluted Juice
- Flavored Beverages



Coffee
Tea

Lean Protein

- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g., Tofu, Tempeh)
- Legumes/Nuts



- Cooked Veggies
- Veggie Soups
- Raw Veggies



Vegetables

FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup



GAME DAY NUTRITION TIMELINE



**PRIOR
[3-4 HOURS]**

**Hydration:
12-20 oz. of water**

**PRIOR
[20-30 MINUTES]**

**Hydration:
7-10 oz. of water**

FUEL

HARD TRAINING / GAME DAY

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Fresh Fruit
Stewed Fruit
Dried Fruit

Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

FUEL

Pick 1-2 "Quick Carbs" (30g)

- 1 apple sauce packet
- 8 oz. of sports drink
- 1 handful of pretzels
- 1 granolla bar
- 1 banana



GAME DAY NUTRITION TIMELINE



GAME

HALFTIME

**Hydration:
7-10 oz. of water**

**Continual hydration
with water**

OPTIONAL FUELING

"Pick 1 Quick Carb"

- 1 apple sauce packet
- Small piece of fruit - ex "Cutties"/ clementine



GAME DAY NUTRITION TIMELINE



POST GAME: < 30 MINUTES

**POST GAME:
30 MINUTES TO 2 HOURS**

**Hydration:
Continuous
re-hydration**

"Quick Protein & Carb Combos (~15-20g Protein + 40g Carb)

- 12 oz. protein shake/smoothie
- 4 oz. Greek yogurt parfait
- Luna Protein / Whey Protein
- 8 oz. chocolate milk + string cheese
- Chobani + 1/2 Nature Valley Bar



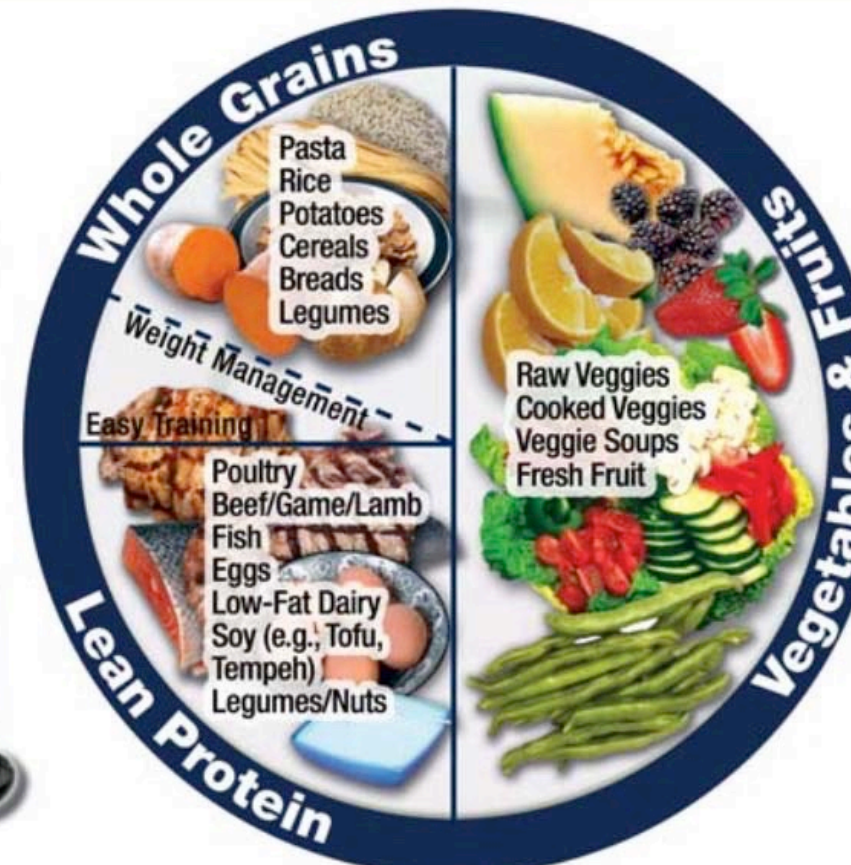
EASY TRAINING / OFF DAY

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



IF YOUR NUTRITION DURING THE WEEK IS POOR, DO NOT EXPECT THAT EATING WELL ON A GAME DAY ONLY WILL HAVE POSITIVE RESULTS ON YOUR BODY'S PERFORMANCE THROUGHOUT THE GAME. **CONSISTENCY IS KEY.**



THANK YOU



REFERENCES

KILEY FIELD, MS, RDN – PERFORMANCE NUTRITION ASSISTANT / SAN JOSE SHARKS

VICENZA RANALLO, MS, RDN – SPORTS NUTRITION ASSISTANT / STANFORD UNIVERSITY ATHLETICS

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