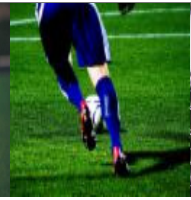




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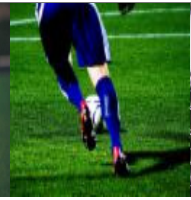


NUTRITION FOR A SOCCER PLAYER





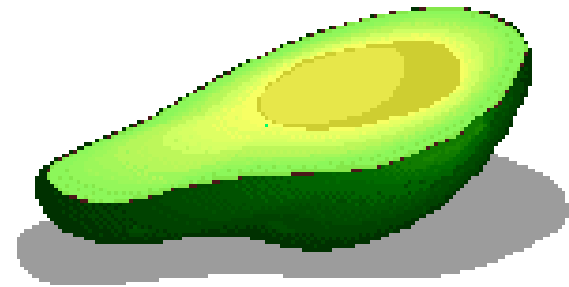
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Basic Rule – Nutritional Plan

As a rule, your daily nutritional plan should include:

- **60% carbohydrates** (from fruits, vegetables, and grains);
- **20% protein** (from dairy products, meats, fish, poultry, and nuts);
- **20% fat** (from all sources).





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The Food Pyramid

Fat

Dairy Product

Meats/Protein

Vegetables

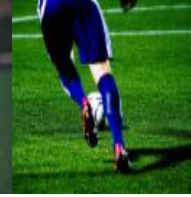
Fruits

Cereals & Grains





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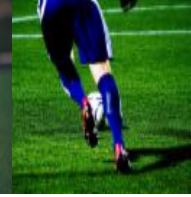
25 Best Foods for Athletes

Bananas	Beef	Beans / Legumes	Broccoli	Brown Rice
Carrot Juice	Low Fat / Fat Free Cheese	Chicken	Corn	Dried Fruits
Fig Bars	Grapes	Lentils	Kiwi	Skim Milk
Oatmeal	Orange Juice	Papaya	Pasta	Potato
Salmon	Strawberries	Water	Whole-Grain Cereal	Fat Free Yogurt





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Meal Template

My Pre-Training Meals

My Healthy Snacks

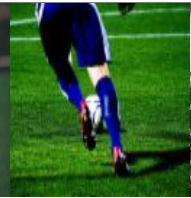
MEAL IDEAS

My Recovery Food

My Pre-Competition Meals



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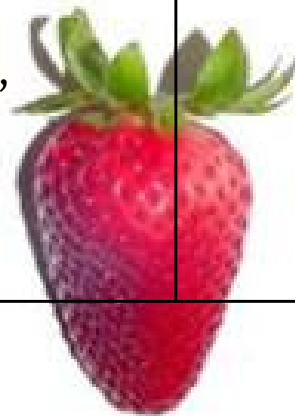
A Sample Menu

Breakfast

1 ounce Canadian Bacon (fry in non-stick pan, no oil)
1 whole-grain English muffin with 2 teaspoons light margarine
3/4 cup wheat-flake cereal
1/2 cup unsweetened apple sauce
1 cup nonfat or 1% fat milk

Snack

1 whole-grain bagel
1 ounce 98% fat free ham
1 ounce low-fat cheese
1 tomato, sliced (toast bagel, top with ham, tomato and cheese, broil or microwave)
Iced tea or diet soda



Lunch

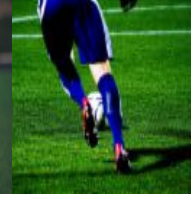
3 ounce turkey lunch meat
2 slices whole-grain bread
1 tablespoon nonfat mayonnaise Lettuce & Tomato
12 Oak crackers
1/4 cantaloupe Fresh vegetable salad with
1 teaspoon olive oil dressing
Diet soda

Dinner

4 ounces broiled fish, chicken/turkey/lean beef
1 whole baked potato
2 whole-grain dinner rolls
1 cup vegetable mix (broccoli and carrots)
1 cup green salad with 2 tablespoons fat-free dressing
1 kiwi fruit, sliced
beverage



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Weekly Diet Dairy

MON	TUE	WED	THU	FRI	SAT
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
					Lunch
Lunch	Lunch	Lunch	Lunch	Lunch	Dinner
					Snacks
Dinner	Dinner	Dinner	Dinner	Dinner	Breakfast
					Lunch
Snacks	Snacks	Snacks	Snacks	Snacks	Dinner
					Snacks
					SUN