

Soccer

General Nutrition Guidelines

Energy: A high energy expenditure sport
Carbohydrates: 5g/kg/d and 7 – 12g/kg/d during training and competition
Protein: 1.4 – 1.7g/kg/d
Fats: Remainder of kcal should be consumed from healthy fats.

Common Nutritional Concerns

- Energy Intake
 - Many players, both male and female do not consume adequate kcal intake which can lead to early onset of fatigue and poor nutrient intake
- Fluid intake
 - Fluid needs are high on hot, humid days. Carbohydrate/Electrolyte solutions are beneficial during the game. The risk for dehydration and heat illness is high. Drink every 15 – 20 minutes during practice and frequently during games.
- Restoration of Glycogen, Fluids and Electrolytes
 - Glycogen, fluids and electrolytes stores must be replenished daily and commence as soon as practice and competition are over.. If appetite is suppressed immediately afterwards, a liquid meal may be appropriate.