



## Nutrition for Soccer

### Eating to Train

Soccer players who are training several times a week will require **~5-8 grams carbohydrate per kilogram of body weight per day** to fuel training sessions and prepare for matches (eg wholegrain bread, cereal, fruit, pasta, rice, vegetables, yoghurt and flavoured low-fat milk).



### Eating to Play

2-4 hours prior to the start of a match: Carbohydrate based meal, low in fibre and fat (eg pasta with tomato based sauce, sandwich with light fillings, rice based dish).

1-2 hours leading up to a match: A light, carbohydrate snack (eg fruit, yoghurt, cereal bar, toast with spread) in the can help provide a final "top up" of fuel stores.

### Eating During a Game

At Half Time: Players with a high workload (e.g. midfielders) will benefit most from consuming a carbohydrate snack (eg chopped fruit or muesli bars). Players should also sip on water at half time to help prevent dehydration. Sports drink may also be useful as it provides both fluid and carbohydrate.

### Recovery

Aim to consume a recovery meal or snack that contains carbohydrates, protein and a source of fluid within ~60 minutes of finishing a training session or match.

Prepared for you by Ryan Pinto (Accredited Sports Dietitian), Lifestyle and Sports Physiotherapy.

Source: Sports Dietitians Australia



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