

# Nutrition Guide

for the soccer student - athlete



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Soccer is one of the most physically demanding sports in the world. It requires speed (Gareth Bale-22.9 miles/hour), strength, agility and a lot of endurance (Thomas Muller 9.5 miles/game).



To understand it better, imagine a pro marathon runner who trains for years to run one 26-mile race. Statistics show that a pro soccer player will cover that distance in just 4 games over a two week period.

Imagine running a marathon every two weeks for 15 years, throughout a career - making soccer players one of the best athletes in the world.

Without proper nutrition (player's fuel) an athlete will not be able to achieve a high level of performance or to maintain it.

***"I want to improve my speed, strength and endurance so I can stay healthy but also to get more playing time. Everyone is telling me to eat healthy and right but I simply don't know what to eat!"***



*"I didn't like  
the food"*

*"I didn't  
have time to  
eat"*

*"I didn't  
know what  
to eat"*

These are the most common  
excuses and mistakes that a  
young soccer player will say  
and do.

Eating breakfast within an hour of waking up is essential for energy balance, recovery and weight maintenance. To properly fuel the body a soccer player should focus on 6 (six) fueling times when practicing twice a day or when a long practice occurs:

**1. Snack before morning training:**

Slice of wheat bread or rye bread and peanut butter /almond butter/ pumpkin seed butter

Sweet potato flatbread is another alternative.

**2. Recovery drink post work-out:**

Low fat chocolate milk or banana

Almond milk, chia seeds (fiber, protein and omega-3 as an anti-inflammatory).

**3. Breakfast:**

Two eggs (scrambled eggs, sunny side up or boiled), 1 cup of oatmeal (add cinnamon, berries, walnuts, Greek yogurt and granola).

**4. Lunch:**

Meat sandwich on wheat bread, pretzels or biscuits, a lot of fruits like Litchis, Passion-Fruit, Pomegranate, Mangos, Cherries, Bananas, Oranges etc (natural sugar), vegetables like Spinach, Carrots, Broccoli, Brussels Sprouts, Kale, Green Peas, etc for nutrients (potassium, dietary fiber, folic acid, Vitamin A, Vitamin C, etc) and healthy protein that we can get from Soybean sprouts, Lima beans, Sweet Corn, Asparagus, Avocado, Potato, Cauliflower, Spirulina, etc.

**5. Pre Practice Snack:**

Trail mix, banana, fruit or veggies salad, etc

**6. Dinner:**

Lean protein (white fleshed fish, beans, peas, lentils, skinless white meat poultry such as chicken or turkey, tofu, lean beef), nutrient dense carbohydrate (whole grains, vegetables and fruits) and low fat dairy (soy milk, cheese, frozen yogurt, almond milk).





As you might know, **iProSkills Academy** is an year-round program (12 month/year) and it is divided in **5 phases** :

**1. Pre-Season Phase/ Summer Camps** (end of June to end of August)

**2. Fall Season Competition** (September to Mid november)

**3. Winter Indoor Phase** (Mid November to end of March)

**4. Off- Season Phase** (Christmas and New Year)

**5. Spring Season Competition** ( April to Mid June)





# phase 1

## Pre Season/ Summer Camps

Preseason Phase/ Summer Camp is the time when "Champions are made". At iProSkills Academy training from end of June to end of August is considered Pre-Season. This is when a player makes changes in his nutrition, plans to gain muscles, lose fat and prepare the body for the upcoming soccer year. The training is usually heavier and longer (6h and 30 minutes daily) in this phase. Because of this, it is important to choose nutrient-dense foods ( whole grain bread, brown rice, celery, carrots, nuts and seeds, berries, sliced roasted chicken, etc) and avoid mindless snacks.

### Gaining muscle and losing fat during the Pre-Season:

Focus on recovery nutrition (sweet potato, watermelon, Salmon, Eggs, Spinach, Bananas, Turmeric, Cottage Cheese, Green Tea) within 60 minutes of each strength and conditioning session.

Avoid any sugary juices and processed snacks. Eat for your activity. On the light days decrease snacks and portions. On heavy training days choose nutrient-dense snacks (nuts, trail mix, 2% milk, string cheese, peanut butter and fruits) and include carbohydrates (pasta, couscous salad, whole bread and protein with each meal (creamy spinach, sweet potato, etc).

Quench your thirst! Young players often mistake thirst for hunger, so drink water throughout the day.

Include lean protein with each meal and snack: Chicken, Turkey, Lean Pork or Beef Tenderloin, Fish, Canned Tuna, Edamame, Deli Meat, Hummus, Peanut butter, Nuts and Seeds

Choose complex carbohydrates more often: Sweet Potato, Brown Rice, Whole Wheat Bread, Whole Wheat Pasta, and Quinoa.

Choose a variety of Fruits and Vegetables

Choose healthy fats such as olive oil, avocado, flax seeds, seeds, nuts and nut butters.

# phase 2

## Fall Season Competition

During the regular season, soccer players must be able to recover quickly and fuel their bodies properly. Typical games take place on Friday nights and early Sunday afternoons. This is a short turnaround period for your body to recover. Food choices should be used to help aid in recovery and replenishing lost glycogen stores.

### Top 10 Anti-Inflammatory Foods for Soccer Players:

Fatty Fish (Salmon, Mackerel, Tuna, Sardines) • Walnuts, almonds and other nuts • Beets • Berries • Dark leafy greens (spinach, kale, collards) • Whole grains • Olive oil and flaxseed oil • Natural Tart cherries • Soybeans • Low-fat dairy

### Competition Weekend Meals:

Friday's pre-match meal should be eaten three to four hours before the match and consist of high carbohydrate, moderate protein and moderate fat. This could be a spinach salad, dinner rolls, beef tenderloin, chicken pesto pasta, roasted potatoes, steamed broccoli, fresh fruit, sports drink and low-fat milk.

Friday's post-match recovery meal should provide soccer players with lean protein, carbohydrate, vitamins and minerals. An example might be a burrito with chicken, black beans, avocado, vegetables, shredded cheese, sports drink and water.

Saturdays are recovery days. Take advantage of this day and don't use it to sleep and stay still all day. Try to rest. It's important to eat regular meals, drink fluids and snacks to prepare for Sunday's game.

Sunday mornings can determine whether your team wins or loses. Be sure to eat an appropriate breakfast three to four hours before the match. This meal could include oatmeal with fruit and nuts, egg omelet with vegetables and ham, fruit and yogurt, orange juice and water. Because you will not eat again until after the game, you should consume some type of snack on the way to the match, such as a peanut butter and jelly sandwich, smoothie, granola, dry cereal, granola bar and plenty of water for hydration.

After the match Sunday would be the time to relax and treat yourself to something you simply enjoy eating.

# 3 phase

## Winter Indoor Season

Winter Indoor Season is the period from November and December to early April and includes the holiday seasons, which can be very tricky for young soccer players.

One bad meal won't ruin the benefits derived from months and months of training, but eating poorly throughout this time can make the Competitional Spring Season much more difficult. Eating poorly and overeating can change your Spring overall goals of improving technique nad helping the team to get back in shape and losing accumulated fat.

### Holiday Meal Tips for Soccer Players:

- Watch what you drink! Juices, sodas, and eggnog can really add up in calories.
- Do not starve yourself all day. This promotes overeating later in the day.
- Eat a light snack before going to a holiday party.
- Use a smaller plate to encourage smaller portions.
- Survey the scene. Look at everything before you make your choices.
- Stay active. Play board games, go for a walk or take the soccer ball outside with some friends or family.
- Choose one dessert, not a plateful. Choose fruits, why not?
- Still hungry? If you want seconds, choose lean protein and vegetables.
- Make your plate colorful. If you look down and all you see is brown, you're missing those lower-calorie, higher- nutrient foods. Add sweet potatoes, steamed broccoli, cranberries, etc.
- Watch out for the extra stuff. Gravy, butter, syrup, whipped cream and sauces add up and are not healthy at all.

### Don't forget:

Under-fueled soccer players feel lethargic, have decreased reaction time and speed, and lose muscle and fat.

Poor nutrition choices in combination with a low-energy intake can also put a soccer player at risk of iron deficiency.

Soccer players who over-fuel may feel sluggish, have decreased flexibility, speed, and gain more fat than muscle.



# 4 phase

## Spring Season Competition

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### Top 10 Anti-Inflammatory Foods for Soccer Players:

Fatty Fish (Salmon, Mackerel, Tuna, Sardines) • Walnuts, almonds and other nuts • Beets • Berries (Strawberries, Blueberries, Raspberries, Cherries, Blackberries, etc) • Dark leafy greens (spinach, kale, collards, bok choy, broccoli, all lettuces, mustard green) • Whole grains • Olive oil and flaxseed oil • Natural Tart cherries • Soybeans • Low-fat dairy • Tomatoes

### Competition Weekend Meals:

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Friday's post-match recovery meal should provide soccer players with lean protein (white flesh fish, turkey breast, etc), carbohydrate, vitamins and minerals. An example might be a burrito with chicken, black beans, avocado, vegetables, shredded cheese, and water.

Saturdays are recovery days. Take advantage of this day and don't use it to sleep and stay still all day. Try to rest. It's important to eat regular meals, drink fluids and snacks to prepare for Sunday's game.

Sunday mornings can determine whether your team wins or loses. Be sure to eat an appropriate breakfast three to four hours before the match. This meal could include oatmeal with fruit and nuts, egg omelet with vegetables and ham, fruit and yogurt, orange juice and water. Because you will not eat again until after the game, you should consume some type of snack on the way to the match, such as a peanut butter and jelly sandwich, smoothie, granola, dry cereal, granola bar and plenty of water for hydration.

After the match Sunday would be the time to relax and treat yourself to something you simply enjoy eating.

## Hydratation for the soccer player

Hydration begins first thing in the morning and continues all day long, every day. It is difficult to maintain an optimal hydration status throughout an entire soccer game, especially in hot temperature. To prevent dehydration, start sipping fluids throughout the entire day so that a player starts the event well-hydrated.

Athletes participating in longer duration events such as soccer games or soccer camps might benefit from an electrolyte-supplemented beverage as well.

Sports participation in the heat can increase sweat loss, which means an increase in sodium and potassium losses. These losses should be replaced to maintain fluid balance and reduce the risk of dehydration and heat stroke.

**Tips:** Oranges and watermelon are some of many great pre-workout foods because they are a source of quick digesting carbohydrates (sugars) and are also hydrating.

The best drink to hydrate is natural lemon-water, coconut water and cucumber water

2-3 hours before exercise: Drink 17 to 20 ounces of water.

10-20 minutes before exercise: Drink 7 to 10 ounces of water.

During exercise: Drink 3 to 6 ounces of water every 20-30 minutes.

Post-exercise: Drink 24 ounces of water for every pound lost, and within two hours drink enough to replace any weight lost from exercise.



## Dangers of Sugar

While natural sugar is okay, many abuse its use to make their food taste sweeter. Abuse can lead to addiction, and an athlete addicted to sugar is not a pretty picture.

Soccer players addicted to sugar might risk severe injuries, since sugar gives a rush that eventually leads to a crash, due to rapid rises in glucose and insulin levels. drink enough to replace any weight lost from exercise.

The body has approximately five liters of blood. Only one teaspoon of sugar per day is needed to maintain normal, non-athletic activities. When sugar enters your bloodstream, your body releases insulin, which stimulates the blood cells to convert the sugar to energy. Excess sugar is converted into fat tissue, resulting in weight gain. If you consistently indulge in sugary foods, your body becomes resistant to insulin, leading to even more fat gain and a risk of diabetes. It's hard to make it off the bench and into the starting lineup with a lot of newfound weight holding you down.

Leave the sweets out of your diet, don't drink pop, try to avoid adding sugar to your food, and stick to fruits and non-starchy vegetables, like carrots, broccoli, onions and mushrooms.

**As mentioned earlier, sugar does provide energy. And sometimes athletes need a little extra boost to keep them at the top of their game.**

**So in moderation, natural sugar can be your friend.**





**Sugar...**

# 5 Ways to cut down on sugar

1

## READ FOOD LABELS

A fat-free food product like yogurt is often high in sugar. Check the label for “Sugars”, listed under “Carbohydrates”.

2

## CHOOSE NATURALLY SWEET FOODS

Apples can satisfy a sugar craving without causing the rise (and fall) in blood sugar levels that comes with chocolate or a fizzy drink.

3

## ADD PROTEIN TO YOUR MEALS

Your blood sugar levels will be more constant, you will feel full for longer and have fewer cravings.

4

## NO MORE SAUCY STUFF

Adding tomato sauce or chutney to your food increases the amount of sugar you consume. Rather flavour your food with fresh herbs, garlic or spices.

5

## START SMALL

If you take sugar in your tea, reduce the number of teaspoons over time until you can go without.



### Orange juice



3 teaspoons  
per 100ml



### All-bran flakes



1 teaspoon  
per 40g



### Tomato sauce



4 teaspoons  
per 100ml



### Rusks



1 teaspoon  
per 40g



### Doughnuts



4 teaspoons  
per 50g



### Corn flakes



1 teaspoon  
per 40g



### Chocolate



6 teaspoons  
per 50g



### Oat muffin



2 teaspoons  
per 100g



### Fizzy drink



8 teaspoons  
per 330ml



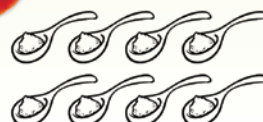
### 1 slice of toast with jam



2.5 teaspoons



### Sweet chilli sauce



8 teaspoons  
per 100ml



### Sweetened yogurt



2.5 teaspoons  
per 100g



# Healthy food



## Healthy high-calorie foods



**pistachios**  
1 tbsp. 120 calories



**banana**  
100 calories



**egg**  
70 calories



**sweet potato**  
162 calories



**peanut butter**  
1 tbsp. - 192 calories



**dark chocolate**  
100g - 50 calories



**olive oil**  
1 tbsp. - 120 calories

## Foods to eat for energy



**HONEY**



**APPLES**



**SPINACH**



**ALMONDS**



**YOGURT**



**BEANS**



**OATS**



**SWEET POTATOES**



**EGGS**

## Foods to eat for good fats



**CHEESE**



**DARK CHOCOLATE**



**WHOLE EGGS**



**NUTS**



**COCONUT AND COCONUT OIL**



**OLIVE OIL**



**PEANUT BUTTER**



**PISTACHIOS**



**WALNUTS**

# Foods to eat for snacks

**WHOLE WHEAT TOAST WITH PEANUT BUTTER • FRUIT SMOOTHIES • YOGURT, BERRIES & HONEY • DRY FRUIT & NUTS • HARD BOILED EGGS • LOW FAT CHOCOLATE MILK • PROTEIN SHAKE • VEGGIES WITH SPINACH DIP • GRANOLA BAR**



# Foods to eat for protein



**Lean beef**  
33 g per 150 g (raw)



**Chicken**  
33 g per 150 g (raw)



**White fish**  
30 g per 150 g (raw)



**Tuna**  
19 g per 95 g can



**Milk**  
10 g per cup



**High protein milk**  
15 g per cup



**High protein yogurt**  
15 g per 170 g



**Cheese**  
9 g per 35 g



**Eggs**  
8 g per large egg



**Tofu**  
12 g per 100 g



**Mixed nuts**  
7 g per 30 g



**Legumes**  
7 g per half cup



## Foods to eat for veg protein

**BROCCOLI**  
**BEANS & PULSES**  
**SOYBEAN**  
**SPINACH**  
**CAULIFLOWER**  
**MUSHROOMS**  
**GREEN PEPPER**  
**PEANUT BUTTER**  
**OATMEAL**

## Top 10 Hydrating foods



Cucumbers  
96% Water



Watermelon  
96% Water



Pineapple  
95% Water



Celery  
95% Water



Blueberries  
95% Water



Lettuce  
95% Water



Tomatoes  
94% Water



Pear  
92% Water



Grapefruit  
90% Water



Cantaloupe  
89% Water

## Foods to eat for carbs



**BANANAS**



**SWEET  
POTATOES**



**OATS**



**WHOLE WHEAT  
BREAD**



**QUINOA**



**BLUEBERRIES**



**BROWN RICE**



**KIDNEY  
BEANS**



**CHICKPEAS**



lean beef



oat meal



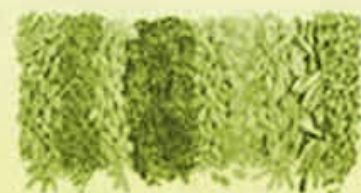
eggs



healthy fats



# TOP 10 FOODS TO GAIN MUSCLE MASS



whole grains

skinless chicken



whey protein



cottage cheese



fruits and  
veggies

tuna  
and  
other  
fish



## Foods to eat for breakfast



OATMEAL



MUESLI



GRAPEFRUIT



WATERMELON



GREEK  
YOGURT



ALMOND  
BUTTER



SMOOTHIES



WHOLE  
BREAD



EGGS



## Foods to eat for lunch



BEANS



SALAD



BROWN  
RICE



YOGURT



BOILED  
VEGGIES



BANANA



KIWI



WHOLE GRAIN  
MUFFIN



WHOLE GRAIN  
BREAD

## Foods to eat for dinner



SOUP



SALAD



GRILLED  
CHICKEN



GREEN  
VEGGIES



FISH



MUSHROOMS



SWEET  
POTATOES



BROWN RICE



SWEET CORN

