

## Training & Recovery

During the competition season, an athlete's daily diet becomes a recovery diet and must be used to maximize the athlete's ability to perform at the next event.

- The most significant change to an athlete's daily performance diet during the competitive season is an increase in the amount of both **carbohydrates and fluids**.
- **Carbohydrates are the primary source of energy for athletes during training and competition.**
- Studies on athletes have proven that increasing the amount, and adjusting the timing of carbohydrates in an athlete's diet can improve an athlete's performance.
- Carbohydrates are easily converted to blood glucose, which supplies energy to working muscles and your brain. Excess carbohydrates are stored as glycogen or potential energy, in your muscles and liver. **The more muscle glycogen stored, the faster and longer and athlete can train or compete.**

- **Proper hydration is important to maximizing performance.** Dehydration can affect both an athlete's mental concentration and physical ability.

## Carbohydrate Content

Food	Amount	Carbs (grams)
<b>Grains</b>		
Rice, cooked	1 cup	45
Pasta, cooked	1 cup	40
Bagel, medium	2 ounce	30
English muffin	1 medium	26
Cheerios	1 cup	22
Sandwich bread	1 slice	14
<b>Fruits</b>		
Raisins	1/3 cup	40
Banana	1 medium	25
Apple	1 medium	20
Orange	1 medium	15
<b>Vegetables</b>		
Baked Potato	1 medium	29
Spaghetti sauce	1/2 cup	22
Corn	1/2 cup	15
Peas	1/2 cup	10
Carrots	1/2 cup	10
<b>Convenience Foods</b>		
Fruit yogurt	1 cup	50
Macaroni & Cheese	1 cup	48
Subway sandwich	6 inch	47
Spaghettios	1 cup	37
Grilled Chicken Sand.	1 sandwich	28
Pizza, pepperoni	1 slice	27
<b>Beverages</b>		
Apple juice	8 oz	30
Orange juice	8 oz	25
Milk, chocolate	8 oz	25
Gatorade	8 oz	14
Milk, 2 %	8 oz	12

References  
American Dietetic Association. (2006). *Sports Nutrition: A Practice Manual for Professionals 4<sup>th</sup> ed.* U.S.A.: Library of Congress Catalog in-in-Publication Data.  
Ryan, Monique. (2005). *Performance Nutrition for Team Sports*. Boulder Colorado: Peak Sports Press.

THE POWER OF FOOD  
ENERGY

*Competition and Recovery  
Performance Nutrition for  
Young Soccer Athletes*



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## Pre Competition

The purpose of a pre competition meal:

- Increase or top off energy storage
- Keeps athlete from becoming hungry

The ideal pre competition meal is high in carbohydrate, low in fat and can be digested easily. **Never experiment with new foods prior to competition.**

### Recommended Carbohydrate Intake **Prior to Competition**

Hours before	Grams per lb (body weight)	Example 80 lb athlete
1	0.5	40 grams
2	0.9	72 grams
3	1.4	112 grams
4	1.9 – 2.0	152–160 gr

## During Competition

Many studies performed on athletes have proven that food consumed during competition or endurance exercise will:

- Improve endurance performance
- Increases blood glucose (energy) to preserve muscle glycogen (energy)

### Recommended Carbohydrate Intake **During Competition**

- 30 grams every hour as food or sports drink
- Consider sports drinks which also aid in hydration
- Keep to low fiber foods for easy digestion

## After Competition

The purpose of consuming carbohydrates after exercise:

- Improve recovery time
- Enhance future performance

**Carbohydrates should be consumed within the first ½ hour to 2 hours.**

### Recommended Carbohydrate Intake **After Competing**

- 0.7 grams/lb body weight immediately after exercise
- Additional 0.70 grams/lb body weight 2 hours after exercise

## Sports Drinks

Although liquid and solid carbohydrates are both effective during exercise in increasing blood glucose, liquids can often be absorbed more easily. Sports drinks are a good source of carbohydrate during exercise. They also help to maintain hydration and replace electrolytes lost in sweat. Because sports drinks are flavored, kids tend to drink more, helping them stay hydrated.

**Choose a sports drink that has 14-19 grams of carbohydrate.**

Sports drinks with 16-17 grams of carbohydrate per 8 ounce serving:

Accelerade  
Allsport Body Quencher  
Gatorade  
Powerade

## Hydration

**Proper hydration is the most important nutrition considerations for athletes.** Even slight dehydration can decrease performance and mental acuity.

### Tips for staying Hydrated

- Begin exercise well hydrated
- Drink during exercise; for young athlete aim for ½ cup every 15-20 minutes
- After exercise drink 20 oz for every pound lost during exercise
- Drink before you become thirsty; thirst signals dehydration
- Practice drinking during training
- Monitor urine color; dark urine is a sign of dehydration
- Water is perfect choice during moderate conditions
- Drink sports drinks during extreme exercise or hot weather to replace electrolytes lost in sweat and supply carbohydrates
- Kids will often drink more when beverages are flavored; another reason to offer sports drinks
- 1 medium gulp is equal to 1 ounce of fluid