

EATING BEFORE TRAINING

- Eat 2-4 hours before exercising
- Aim for meals high in **complex carbohydrates**
- Include some **protein**
- Avoid too much fat (deep fried foods, hot dogs, hamburgers)
 - Longer to digest and can lead to discomfort during exercise
- Choose foods that player is familiar with

COMPLEX CARBOHYDATES

Major energy provider in a player's diet.

- Legumes
- Starchy vegetables
- Whole-grain breads and cereals
- Rice, quinoa

Here are some easy pre-soccer meal ideas:

- Baked potato with cheese, tuna/beans, salsa and a salad
- Pasta with tomato sauce, parmesan cheese and vegetables
- Rice with chicken/fish/beans and vegetables
- Wholegrain cereal with milk and banana
- Oatmeal with fruit and yogurt
- Whole-wheat sandwich or wrap



PROTEIN

Supports the player's growth and development!

- Fish, poultry, lean meats
- Legumes
- Eggs
- Tofu
- Nuts and seeds

With busy schedules, school, or morning practices, sometimes there's not enough time to eat hours before training or competition. Here are some lighter ideas for snacks to fuel the player:

- Banana
- Fruit and yogurt
- Smoothie
- Rice cakes with cheese
- Handful of fruit and nuts
- Carrots, hummus and rye crackers
- Toast with honey, nut butter
- Cottage cheese and salsa