SET YOURSELF UP FOR A SUCCESSFUL PERFORMANCE ON THE FIELD BY FOCUSING ON YOUR PLATE. NUTRITION PLAYS AN ESSENTIAL ROLE IN SOCCER. IMPLEMENT THE FOLLOWING INTO YOUR GAME DAY ROUTINE:

PRE-GAME NUTRITION

1. **EAT A WELL-BALANCED MEAL THAT INCLUDES A CARBOHYDRATE, PROTEIN AND FRUIT OR VEGETABLE** 2 – 4 HOURS BEFORE KICKOFF
2. **DRINK 12 – 24 oz OF WATER** 2 – 4 HOURS BEFORE KICKOFF
3. **EAT A LIGHT, HEALTHY SNACK** 1 HOUR BEFORE KICKOFF
4. **DRINK 6 – 8 oz OF WATER** 1 HOUR BEFORE KICKOFF

**EXPERT TIP**
FOR BREAKFAST, A GREAT CHOICE WOULD BE LOW-FAT GREEK YOGURT WITH FRESH BERRIES AND A SPRINKLE OF GRANOLA

DURING-GAME NUTRITION

1. **TAKE A SIP OF WATER EVERY BREAK AND AT HALF-TIME**
2. **CONSUME A CARBOHYDRATE SOURCE (SNACK OR SPORTS DRINK) AT HALF-TIME**

**EXPERT TIP**
OPTIMAL HALF-TIME SNACKS INCLUDE ORANGES, BANANAS, GRANOLA BARS & SPORTS DRINKS

POST-GAME NUTRITION

1. **EAT A HEALTHY SNACK WITHIN 30 MINUTES OF FINISHING GAME**
2. **DRINK 20 oz OF WATER FOR EVERY 1 lb OF WEIGHT LOST**
3. **EAT A WELL-BALANCED MEAL THAT INCLUDES A CARBOHYDRATE, PROTEIN AND FRUIT OR VEGETABLE** 1 – 3 HOURS AFTER GAME
4. **CONTINUE TO DRINK WATER THE REST OF THE DAY**

**EXPERT TIP**
CHOOSE SNACKS SUCH AS CHOCOLATE MILK, PROTEIN BARS, FRUIT & GREEK YOGURT, PB & J SANDWICH, DRY CEREAL OR TRAIL MIX

FOR MORE NUTRITION INFORMATION CONTACT
Sydney Bianca, Performance Dietitian at sbianca@teamexos.com