

PROsoc

NUTRITION GUIDELINES



Dear ProSoc Parents and Players,

In an effort to provide the best soccer experience and athletic training for our players, we are outlining below some nutrition guidelines.

As we all know, nutrition plays an important role in being a healthy and successful athlete. That is why we want to give you some guidelines, to optimally support your performance capability and sporting success.

For more information, please contact:

info@prosocacademy.com

Day before a game...

Start hydrating for tournaments and games at least 24 hours before. Plenty of water should be added to your normal intake of fluids.

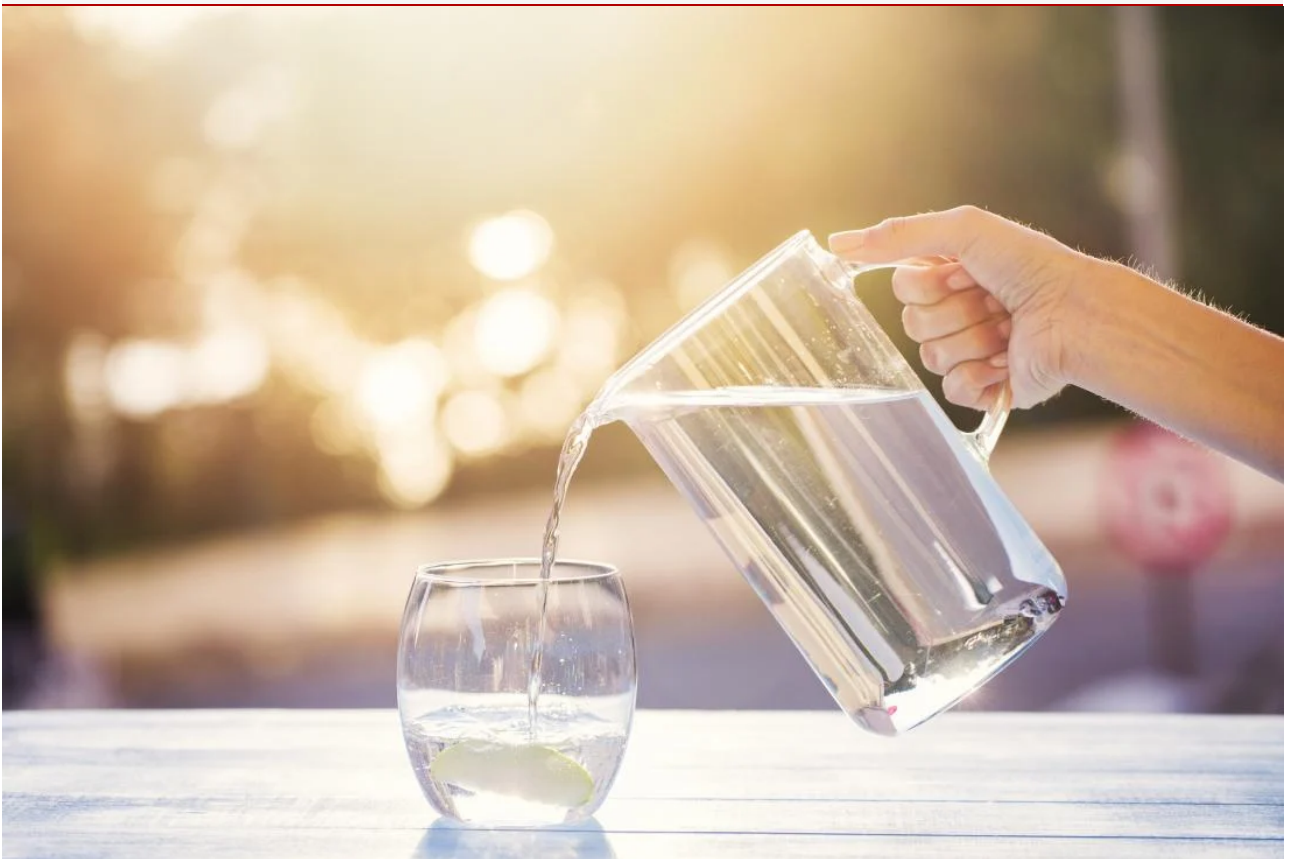
Recommended Dinner Menu 24 hours before gameday

Pasta with tomato sauce

Pasta dishes with chicken or tuna salad

Sandwiches— wheat bread

2-3x 8oz of water





Game Day

Recommended lunch for an afternoon game:

Lunch should be limited to a light meal rich in carbohydrates, Protein & healthy fats, such as:

- Pasta with tomato sauce
- Rice (whole grain)
- Oatmeal
- Vegetables
- Salad with grilled chicken & avocado
- Light chicken sandwich with avocado
- Peanut butter and jelly sandwich
- Fresh fruit
- Yogurt + granola





Snacking (Between Games)

Snacks between games

- Apples, bananas, dried banana chips, apricots, raisins, fig newton's,
- Graham crackers, blueberry muffins, oatmeal-raisin cookies,
- Granola bars, cold cereal, corn flakes, juice in a box, raw vegetables,
- Fruit snack
- Water or sport drink!

Here is a list of foods that are high in carbohydrates:

FRUITS: Apples, bananas, peaches, apricots, raisins, oranges, grapefruit, kiwi, pineapple, plums

BREADS/ OATMEAL:

Bagels (only if there is a break > than 3 hours between games)





Bathroom Check: Fluids & Hydration

How to Read Your Pee



1



Clear

You're overhydrated. You need to cut back on water.

2



Chardonnay

This is a healthy color. You're getting enough water.

3



Apple Juice

Spot on! You're hydrating the right amount.

4



Yellow Highlighter

You might have this surprise after taking vitamin B.

5



Apple Cider Vinegar

You're verging on dehydration. Have a glass of water.

6



Dark Tea

You're dehydrated. Stop what you're doing. Drink a glass of water, and drink more water throughout the rest of the day.

If you have health concerns, see your doctor.

What you should AVOID:

- Red meat, greasy, fried or junk food (burgers, tacos, fries, burritos, hotdogs, etc.)

- No heavy sauces (e.g. alfredo sauce)
- Carbonated drinks/ sodas/ pop etc.
- Avoid energy drinks (Red Bull or similar)



Bottom Line:

Nutrition plays a critical role in athletic performance, and athletes, coaches, and parents need to realize that making wise food choices can increase the chances of optimal athletic performance. It is easy for athletes to fall prey to nutrition misinformation and fad diets in the search for a quick fix to improve performance.

It is imperative that athletes stay current on accurate nutrition issues as they are ever-changing. By making informed food

choices, athletes will have an advantage over those who choose to ignore the role that food plays in human performance.



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