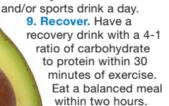
TOP 10 NUTRITION RULES FOR FUELING SOCCER PLAYERS

- 1. Eat minimally processed foods. Limit foods with added sugar, trans fats and saturated fat.
- **2. Eat a rainbow.** Choose a variety of fruits and vegetables.
- 3. Choose lean proteins. Have lean protein with each meal.
- 4. Choose healthy fats. Include healthy fats such as olive oil, flaxseed, fish, avocados, nuts and seeds.
- Choose Whole-Grain Carbohydrates.
 Whole grains are rich in fiber and nutrients that fuel your body.
- **6. Eat breakfast every day.** "Break the fast" and kick-start your metabolism with protein, carbohydrates and fluids.
- 7. Fuel for your training. Don't skip meals.
- 8. Stay hydrated. Dehydration equals decreased performance! Women should drink approximately 2.7 liters of fluid a day, and men should drink

approximately 3.7 liters of fluid



10. Sleep.
Get six to eight hours every night to ensure proper recovery.