

## 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.

### 5. 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 and/or sports drink a day.

**9. Recover.** Have a recovery drink with a 4-1 ratio of carbohydrate to protein within 30 minutes of exercise. Eat a balanced meal within two hours.

### 10. Sleep.

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

