

# LPSA Nutrition Guide

Kids who play soccer need to follow healthy nutritional guidelines and also need to fuel their bodies for sports. Proper hydration is needed to avoid injury, and kids need to eat carbohydrates before and after games to sustain energy.

## **Water**

- In order to stay properly hydrated, kids should drink water before, during and after soccer practice and games. Begin drinking approximately 30 minutes before activities begin.

## **Sports Drinks**

- Sports drinks are an acceptable alternative to water. They contain electrolytes and carbohydrates to replace what the body uses when it sweats. These, however, can be high in calories, so a low- or no-sugar option is preferred.

## **Pre Game**

- Kids should eat a light high-carbohydrate snack about one hour before play to ensure energy. Avoid any fatty or high-fiber foods, since they can cause cramping. Acceptable snacks include oatmeal, oranges, bagels, pretzels and bananas.

## **Game Snacks**

- Game snacks are a good way to replenish their energy. Game snacks will only consist of fruits, Apples, Orange Slices, Grapes, Etc.

## **What we DON'T want our kids to eat before a game.**

### **Soda**

- NO SODAS- No soda on practice and game days. These are high in sugar, and the caffeine can dehydrate the body.

### **Fried Foods**

- NO FRIED FOOD - No fried dough, pizza, hot dogs, hamburgers. This is not going to meet your child's soccer nutrition needs in fact you would see them "running out of gas" by the second half.