



## **HOW TO EAT TO HELP YOUR GAME**

Refueling as soon as tolerable is most important for serious athletes doing a second bout of intense, depleting exercise within six hours of the first workout, including soccer players in tournaments,

With recovery, the sooner you consume carbs to replace depleted muscle glycogen and protein to repair damaged muscle, the sooner you'll be able to exercise hard again. This is particularly important when you are at a tournament and are playing more than one game in a day.

When recovering, be sure to repeatedly consume a foundation of carbohydrates with each meal/snack, along with some protein to build and repair the muscles. For example, chocolate milk or a fruit smoothie are excellent choices.

### **How Many Carbs Do I Need?**

- On days when we train or play, 2.5 to 4.5 grams of carbs per pound.

For example, a 150-pound soccer player doing should target 375 to 675 grams of carbs per day.

### **What Are Some Good Carb-Protein Recovery Foods?**

Your recovery meals and snacks should include a foundation of carbohydrate-rich breads, cereals, grains, fruits, and vegetables plus a smaller amount of protein (at least 10-20 grams per recovery snack or meal). Enjoy:

- Fruit smoothie (Greek yogurt + banana + berries) – add watermelon if it is hot weather
- Cereal and milk
- Pretzels and hummus
- Baked potato and cottage cheese
- Turkey sub
- Pasta and meatballs.

Don't eat just protein, as in a protein shake or protein bar. Protein fills your stomach and helps build and repair muscles, but it doesn't give your muscles all the fuel that they need. Your muscles want three or four times more calories from carbs than from protein.

Keep in mind that recovery calories "count." Try to organize so that you have dinner after training or if you are training late, eat a small meal before practice and a recovery meal afterwards.