



Elevating Soccer Game with Nutrition

Rasa Troup, MS, RD, CSSD, LD
Beijing Olympian

Lead Dietitian – Viverant
Minnesota Vikings

www.viverant.com

www.rasatroup.com

612-708-3314



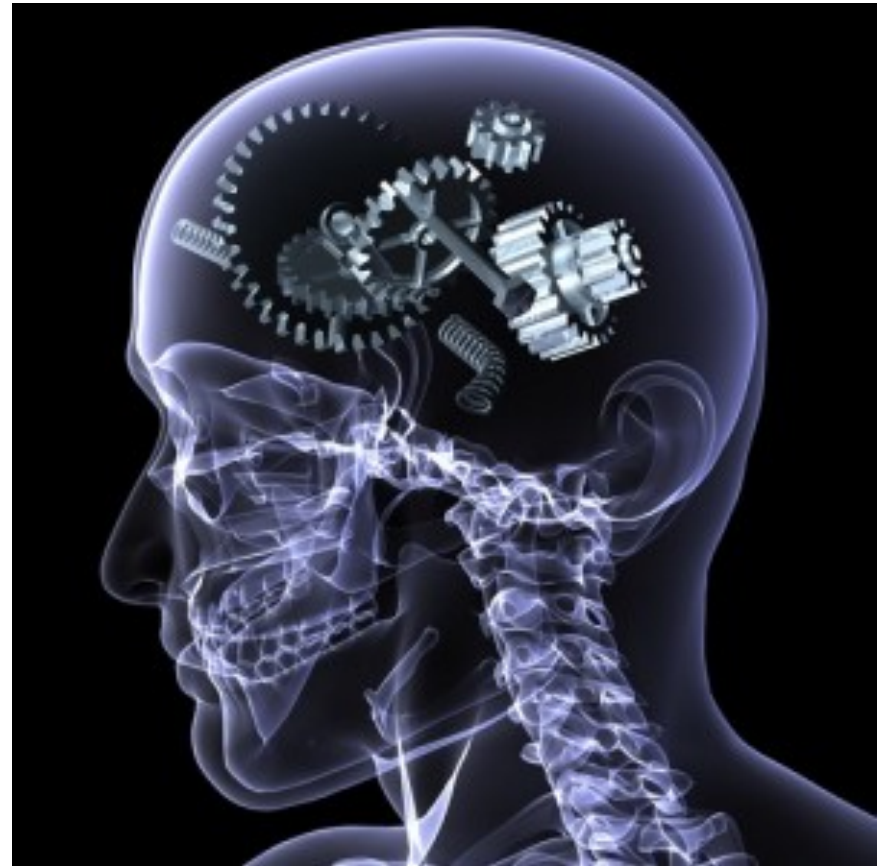
Why Nutrition?

- Performance
- Injury prevention
- Body composition
- Recovery from workouts
- Muscle health and recovery
- Cognitive performance
- Recovery from injuries



When do we perform well?

- Physically fit
- Mentally fit
- Nutritionally fit



Demands of soccer



- In a soccer match a player will:
 - cover about 6-7 miles, ~2 -2.5 miles for goal keeper
 - 150-250 brief intense actions
 - movement changes every 4-6 seconds
 - lose an average of approximately 2-8lb (4-16c) of fluids
 - expend about 2000-2500 calories
- Skills: endurance, speed, strength, agility, mental focus

***Carbohydrate = energy
for your muscles & brain***

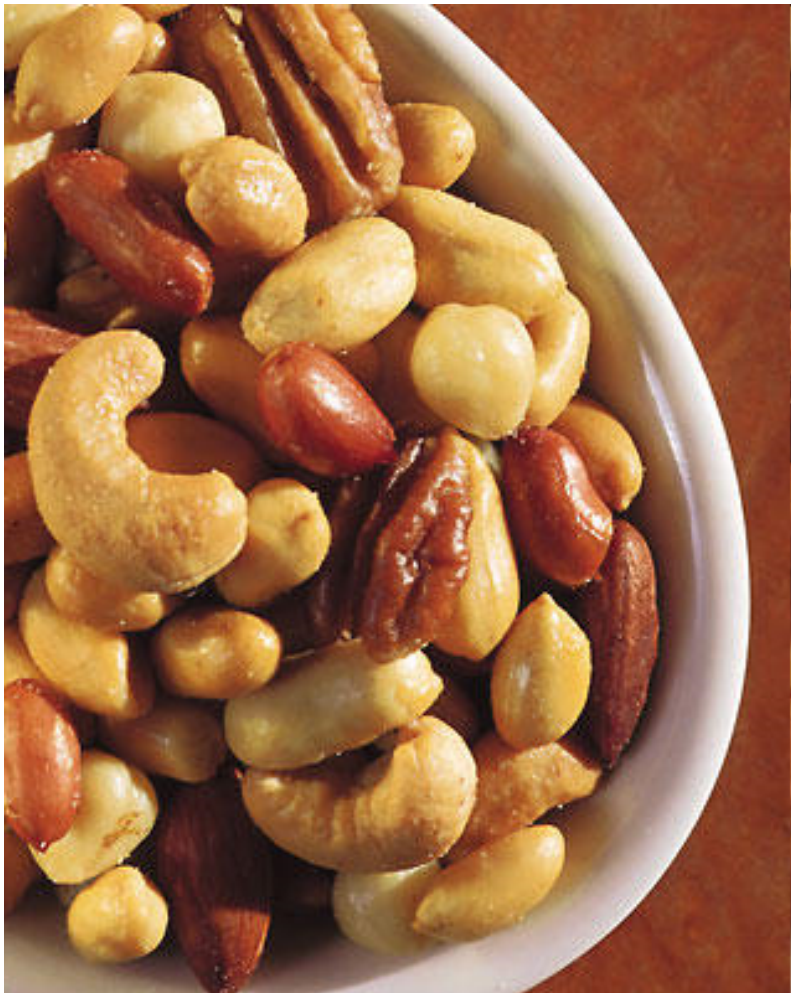


Protein = muscle repair & recovery



Exercise	Grams/pound
Moderate Exercise	0.5-0.65 grams
Heavy Exercise	0.65-0.8 grams
Ultra Exercise	0.8-1 grams

***Fat = anti-inflammation, brain development,
nerve functioning, cell structure***



"It would be dangerous to see all fats as harmful."

Tell me how to apply it in the practice



HARD TRAINING / RACE DAY:

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Grains

Pasta
Rice
Potatoes
Cereals
Breads



Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



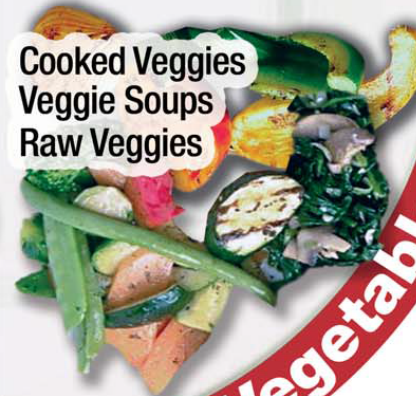
Coffee
Tea

Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu,
Tempeh)
Legumes/Nuts



Cooked Veggies
Veggie Soups
Raw Veggies



Vegetables

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



MODERATE TRAINING:

FATS

1 Tablespoon

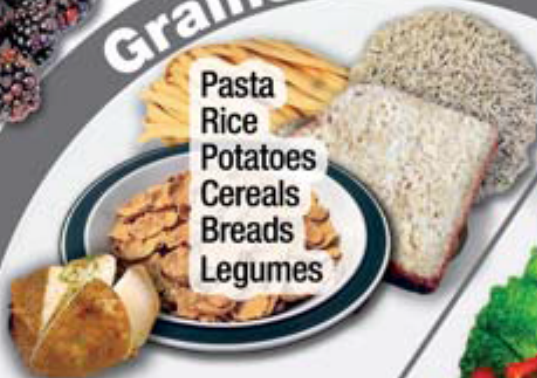


Avocado
Oils
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Seeds
Cheese
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Grains

Pasta
Rice
Potatoes
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Legumes



Fresh Fruit
Stewed Fruit
Dried Fruit



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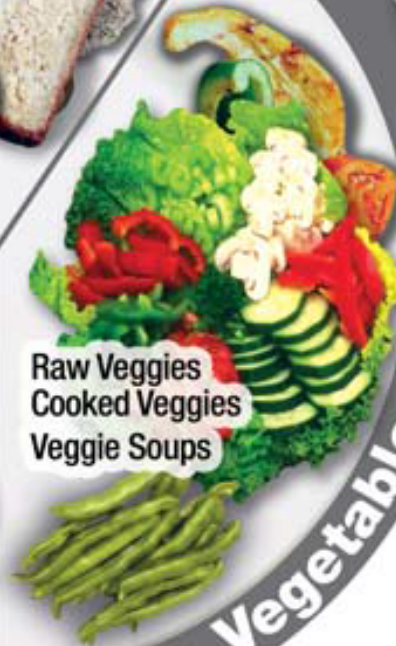
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Raw Veggies
Cooked Veggies
Veggie Soups



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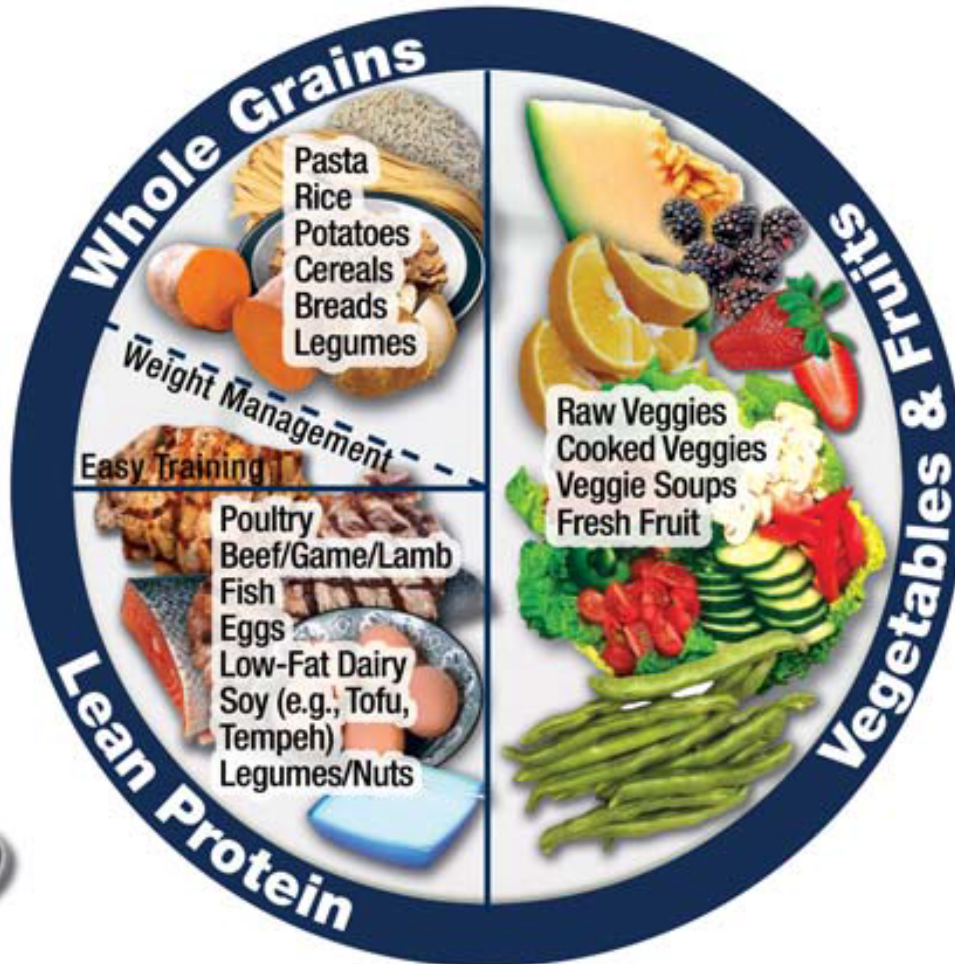
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

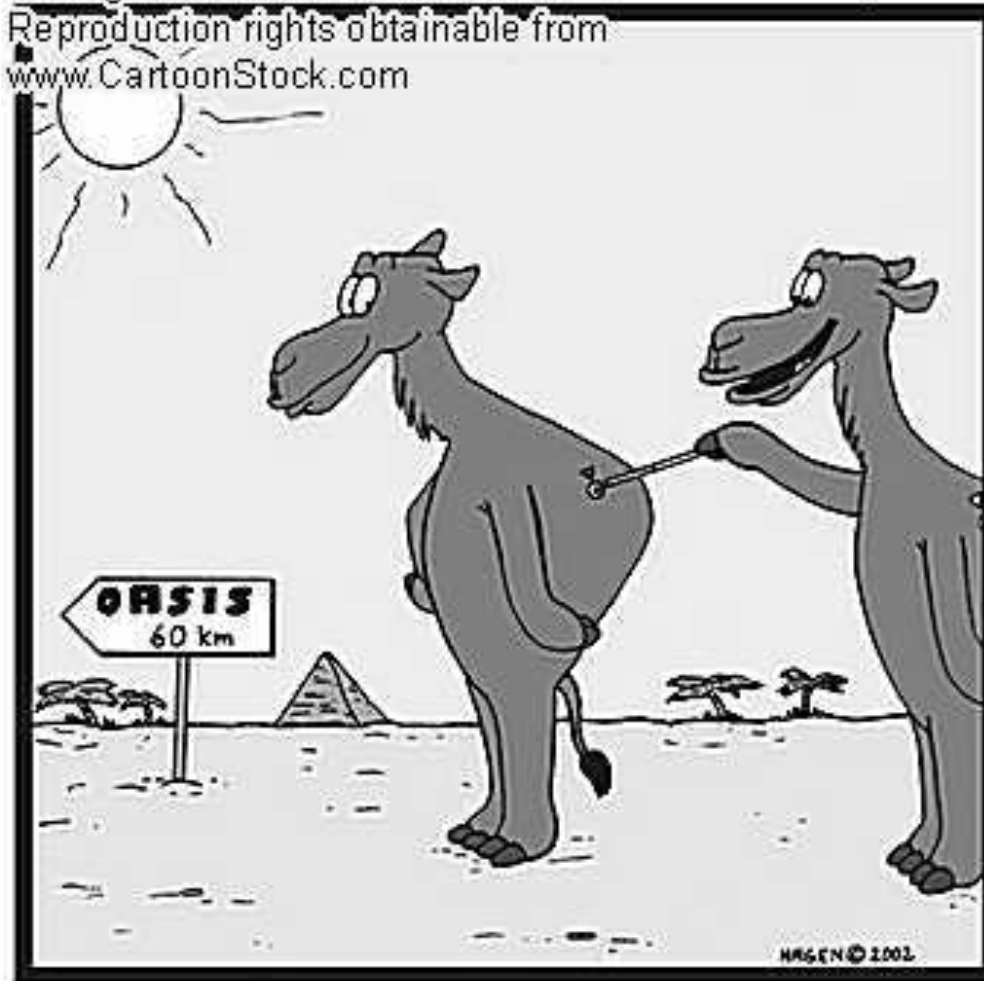


Hydration

© Original Artist

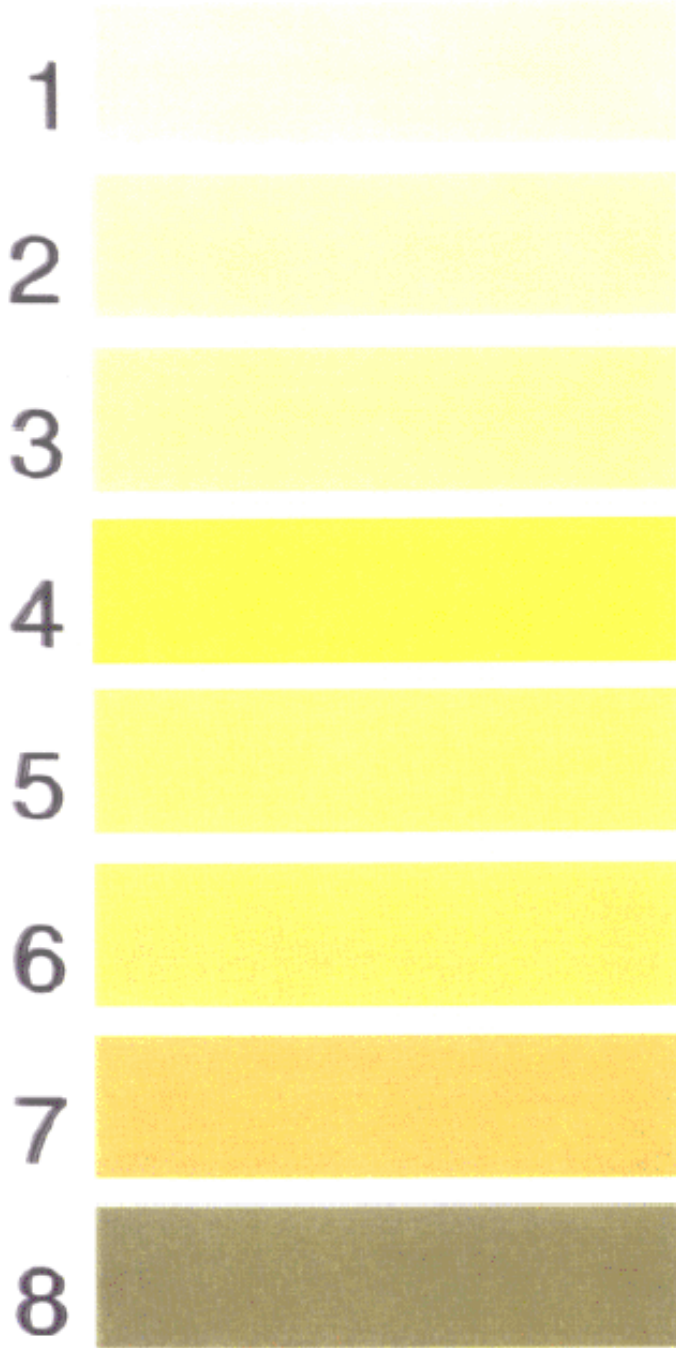
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That's alright Kenny, your dipstick says
you've still got half a tank left...

Hydration



This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.

If your urine matches the colors numbered **1, 2, or 3** you are **hydrated**.

If your urine matches the colors numbered **4 through 8** you are **dehydrated** and need to drink for more fluid.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.



Meal/nutrient timing





Before a soccer match or practice

- Good hydration
- Test different pre-competition foods/meals during your practices and use these foods/meals before competition

Time before Competition	Recommended Food or Liquid	Pre-Game Meal Ideas
30-60 min	mostly liquids	sports drink and water
1–2 hours	small snack and liquids	cereal bar, grapes, apple, juice, water
2-3 hours	small meal and liquid	½ turkey sandwich, banana, sports drink, and water
3-4 hours	2/3rds the size of regular meal or regular size meal and liquids	Pasta and meat sauce, salad and low-fat dressing, bread, orange juice, and water

Game time fueling



So what should I do during a game?

- Carbohydrate intake 30-35 g every hour (whole wheat, crackers, fruit, PBJ, bananas w/ PB, trail mix, dried fruit)
- Incorporate some protein and fat (PB, beef jerky, turkey jerky, string cheese, chobani yogurt if cooler available)
- Drinking to replace your fluids lost (sports drinks or carbohydrate)

Eating for recovery

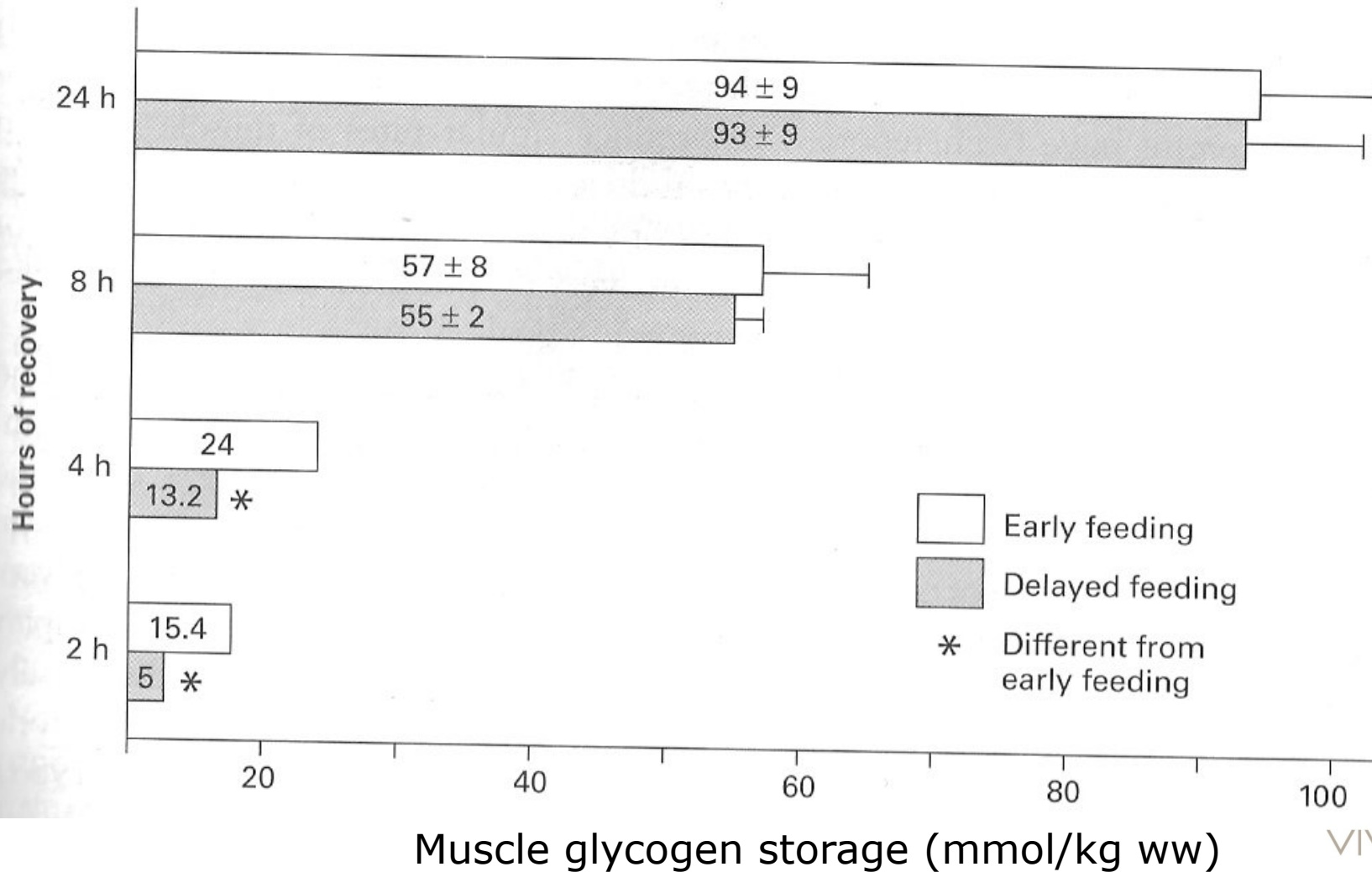


Guidelines for post-exercise refueling

- High CHO meal within 15-30 min
- Aim for 1-1.5g/kg of CHO=50-150g at 2 hr intervals up to 6 hrs
- Combine CHO and PRO in your recovery meal
- Consume ~20g-30g of protein (~10g of EAA)



Effect of delaying the post-exercise snack or meal on restoration of muscle glycogen



Data taken from Ivy et al. 1988 and Parkin et al. 1997

Continuum of Nutrient Timing Importance*

MINIMAL IMPORTANCE

- Overweight/obese persons seeking weight loss for general health
- Novice & intermediate trainees seeking to improve body composition
- Non-fasted resistance-training bouts lasting 1 hour or less
- Non-competitive training sessions or events
- Goals that do not involve endurance competition
- Goals that do not involve extremes in muscle gain or fat loss

VARIABLE IMPORTANCE

- Advanced/competitive trainees looking to push the limits of hypertrophy, strength, or fat loss.
- Exhaustive/continuous training sessions that occur shortly after an overnight fast
- Exhaustive/continuous training sessions that significantly exceed 1 hour, especially sessions that approach 2 hours

MAXIMAL IMPORTANCE

- Competitions involving more than one glycogen-depleting event in a single day, separated by only a few hours
- Competitions or training bouts that significantly exceed 2 hours, especially bouts that approach or exceed 3 hours

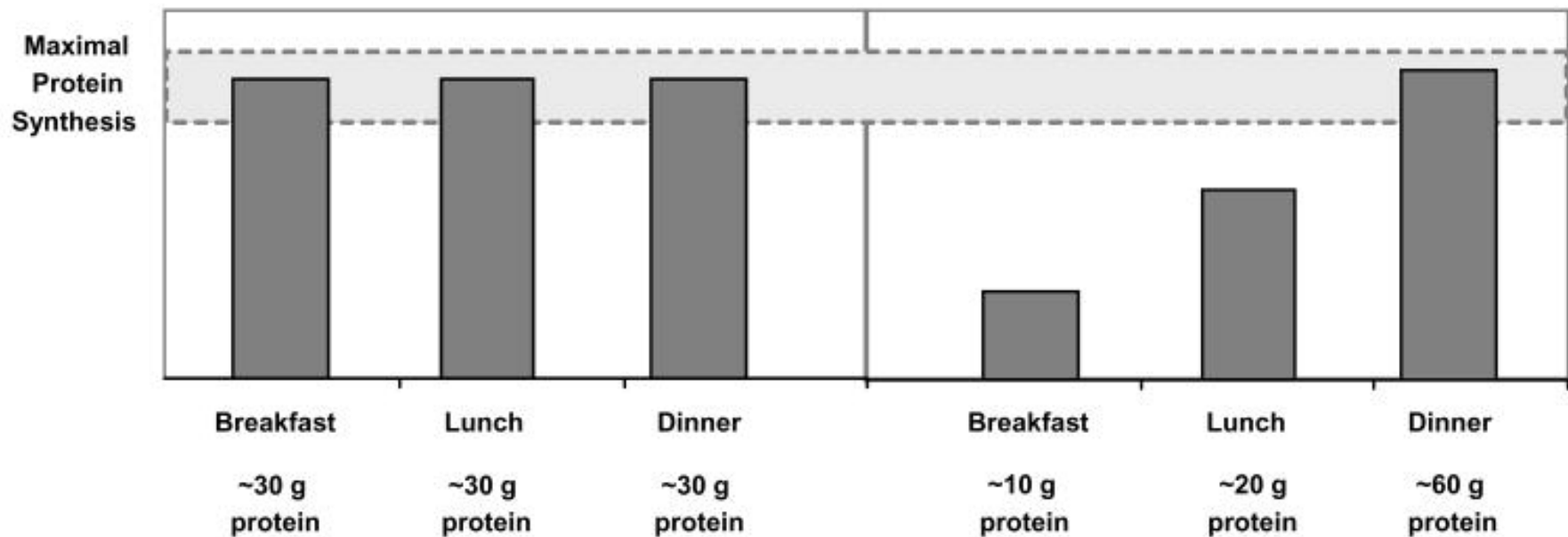
*Aragon AA. Continuum of nutrient timing importance (original schematic). NSCA Personal Trainers Conference. April 2012.



Distributing protein intake throughout the day

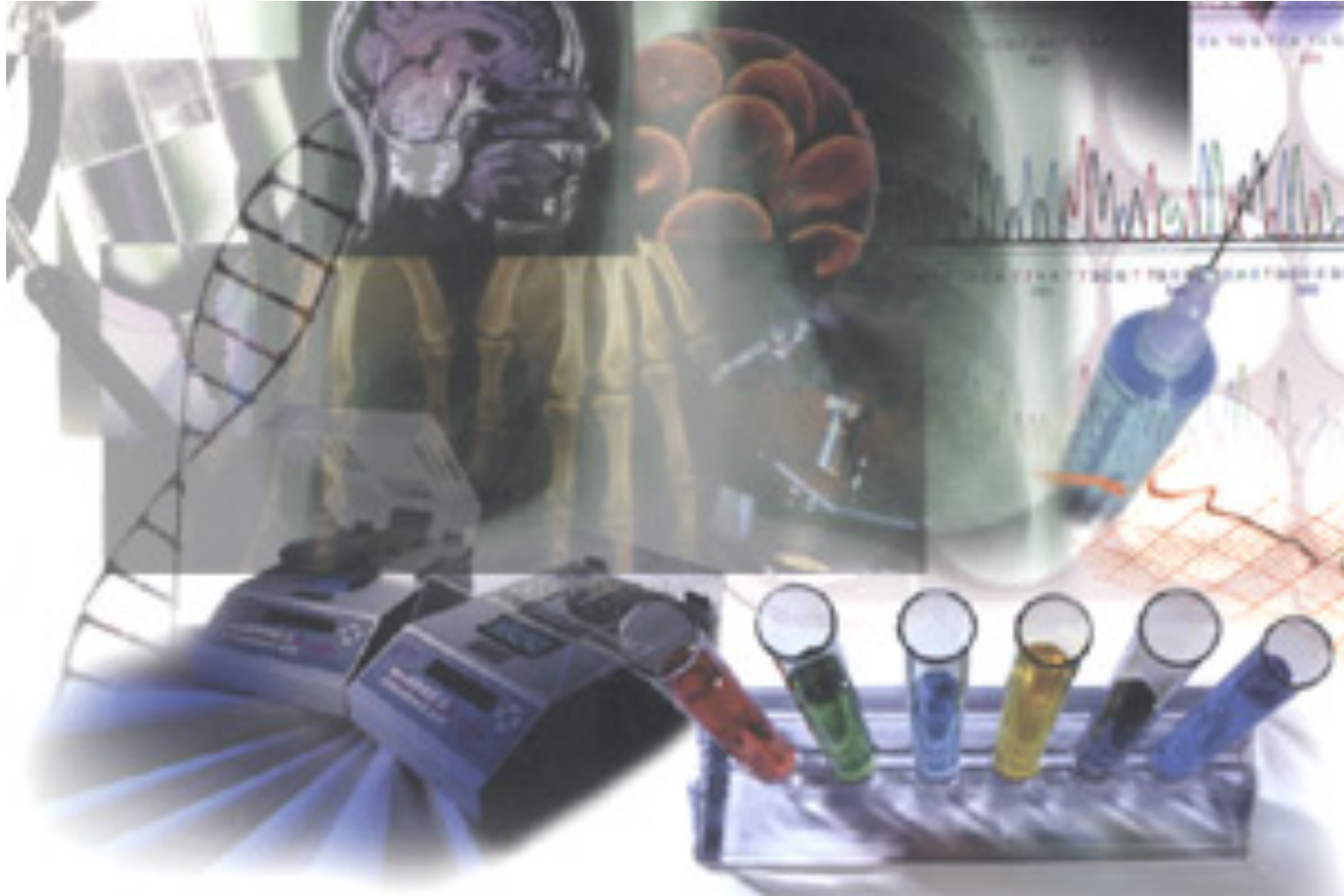
A. Adequate Protein Distribution

B. Inadequate Protein Distribution



VIVERANT

Nutrition Challenges/Cases/ Questions





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info@viverant.com

Thank You

