



**CEDAR STARS
ACADEMY**
NUTRITION GUIDE



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INTRODUCTION



“ The best soccer players in the world all follow very rigorous nutritional plans. In order to keep your body performing at it’s highest capabilities a balance between training and nutrition are vital. ”

GOOD DIET AND THE RIGHT NUTRITION

A good diet and the right nutrition can support intensive training while limiting the risks of illness or injury and are also important in the preparation for games and speeding up recovery afterwards. Making sure that the brain is functioning well is an important factor when optimizing performance, and there is increasing evidence that the brain responds to certain foods.

Making the right choices to get the best nutrition is important for soccer players at all levels. But what is the right nutrition? And how do you know what is good and not good? The truth is there is no easy answer to this and the solution will be different for every player, but a good place to start is the basics.

NUTRITION AND ENERGY

NUTRITION - THE BASICS

The basics of eating right will provide you with a great starting point to live a healthy and active lifestyle, and will allow you to investigate any specific needs you may require.

ENERGY

Energy is required by the body for all sorts of functions such as growth, development and repair. To optimize performance, young athletes need to learn what, when and how to eat and drink before, during and after activity.

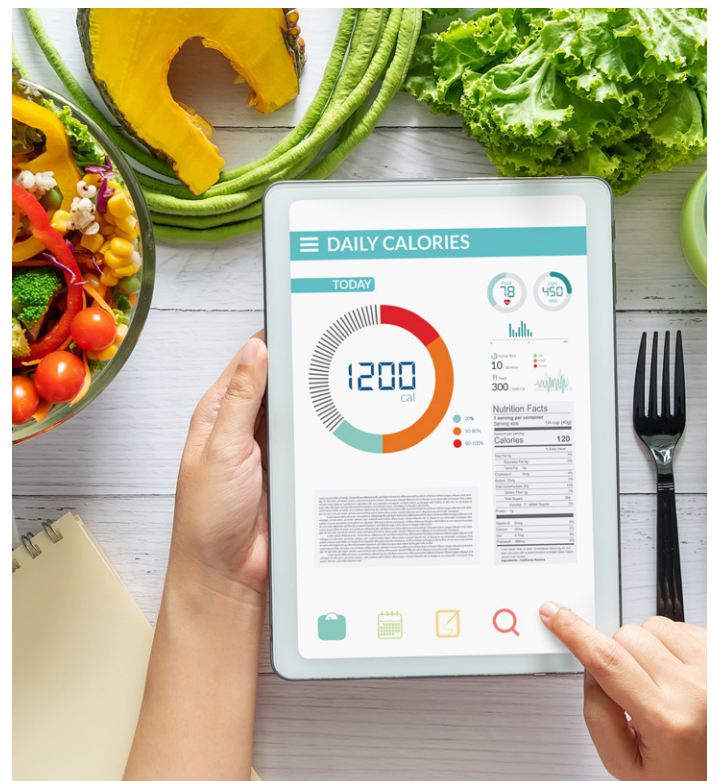
Young athletes need to learn what foods are good for energy, when to eat certain foods, how to eat during an event, and when and what to eat to replenish after activity.

WHAT IS A CALORIE?

The word calorie is a widely used term and can be found on the front of almost all food packaging. We use the term calorie to help us understand the amount of energy a food source possesses. If you look to the right you can see the calories available from 1g of each of the main three food sources.

As you can see, you get more than 100 percent of calories from fat than you do from carbohydrate and protein. That is why if your diet is made up of mainly fat you would probably have excessive energy intake, which could lead to weight gain and health issues.

The U.S. government recommends that the average male should consume around 2,700 calories per day and the average female around 2,200. However, this is individual and dependent on weight, height and of course physical activity levels. For example, research has shown that soccer players can use around 300 calories for every 30 minutes of training or playing.



NUTRIENTS

WHAT ARE THEY AND WHY ARE THEY IMPORTANT?

You may hear the word nutrient used to describe food and its content. The term nutrient is a way of describing a substance that provides nourishment essential for the growth and maintenance of life.

There are six categories of nutrients that are essential to keep us alive that we must take in from food because the body does not have the ability to produce them on its own. We will go into more depth about some of these later.

Macro-Nutrient - A macro-nutrient is something the body requires in large quantity to provide all the energy needed to function.

Macro-nutrients include: carbohydrate, protein and fats.

Micro-Nutrient - A micro-nutrient, is something the body requires in smaller amounts for maintaining health, growth and development of all body functions. While small in quantity, these are again essential for living a healthy active life.

Micro-nutrients include vitamins and minerals.





CARBOHYDRATE

WHAT ARE CARBS?

Carbohydrates are the body's preferred method of receiving food and turning it into energy. It is an important source of food for the body and should make up 55 percent of your diet. The reason why people often try to reduce carbohydrate is because if the body does not use the energy it will transform the carbohydrate into fat to store for another day. However, soccer players live active lifestyles and should be eating well-balanced diets; therefore, this should never become an issue.

WHAT DOES IT DO?

When you eat carbohydrate rich food, the body goes to work breaking it down into easy to use energy (glucose). This glucose is absorbed by the body in the small intestine and then carried to the liver where it is changed to glycogen, which is the storage form of glucose. The liver can hold around 2,000 calories of glycogen, while the muscles can hold a small amount as well; however, anything above this will be stored as fat to be broken down later when needed. As soon as your body requires energy to perform a function or exercise, the glycogen that the body has stored acts as a quick release and is broken back down into glucose to support the energy needs of the muscles.

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WHAT FOODS SHOULD I EAT TO GET CARBS?

Carbohydrate can be found in a lot of food that you eat, but it is really important to know the form of carbohydrate you are eating as it makes a difference. A whole carbohydrate is something that has not gone through processing and is found in the natural environment and contains fiber (important for health and digestion), while refined carbohydrates have often been processed and have all the natural fiber taken out. The best approach is to stick to whole carbohydrate and avoid refined carbohydrates. If it is a single ingredient food it is probably a whole food and a good choice. A multi-ingredient food is often refined and is a bad choice.

CARBOHYDRATE

REFINED / COMPLEX

You should try to avoid refined carbohydrates. The process of making refined carbohydrate food products often takes away and removes any of the essential nutrients we talked about earlier. Instead, these refined foods provide the body with a quick sugar spike that it can not handle or helpfully utilize. Also, long term abuse of these products can lead to health problems including obesity and diabetes.

BAD CARBOHYDRATE CHOICES:

- *Sugary Drinks are packed with useless refined sugar*
- *White Bread, white pasta and white rice (These foods are packed with refined carbohydrate and low in nutrients)*
- *Pastries, cookies, cakes and ice cream (these are high in refined sugar and provide little use for body or athletic function)*
- *Candies and Chocolate (these are high in refined sugar and provide little use for body or athletic function. Some dark chocolate products that are high in cocoa percentage can be better for you)*

“ One myth you may hear is that you need to “carb load,” which is the idea of loading your body full of carbohydrate prior to a game or event. This practice is not required within soccer and could lead to bloating and excessive calorie intake. ”

WHOLE / SIMPLE

Whole carbohydrate products can be best for us even when they get a bad reputation for being related to the refined products. Whole carbohydrates are packed with essential life nutrients and fiber that the body can slowly breakdown and decide how to use, these products do not cause sudden swings in blood sugar levels.

GOOD CARBOHYDRATE CHOICES:

- *Vegetables (a variety of colors and types)*
- *Whole Fruits (should have a variety of colors and types)*
- *Legumes (lentils, kidney beans and peas)*
- *Nuts and Seeds (the best are unsalted and in raw form)*
- *Whole Grains (whole oats, quinoa, and brown rice)*

PROTEIN - WHAT IS IT?

Proteins are the building blocks for the human body and are important for every single area. The body uses protein to produce hormones and chemicals that help support the overall function of the body, such as building bones, muscles, cartilage, skin and blood. Protein is a macro-nutrient, but unlike carbohydrates and fats, the body has no way of storing protein and therefore the body does not have the ability to draw on it when it might need to. About 25 percent of your diet should be made up from a protein source.

“ Protein is important after training to help repair the body and muscles. While food choices would be the preferred source of protein, when quality protein rich foods are not available, whey protein isolate can become a useful alternative. ”

WHAT DOES IT DO?

When people exercise – whether it is playing soccer or lifting weights in the gym – the muscles on your body get damaged from the activity. This is why, after a heavy workout, your muscles hurt and feel painful to move. The body is clever, and to try and prevent the damage from occurring again, it decides to build the muscle stronger in case it is asked to do the same exercise again. Protein is hugely important and required for the body to repair this muscle, and without it the body would not be able to recover and get stronger. That is why after playing soccer it is a good idea to have a protein rich meal to ensure the body has a source to start the rebuilding process.

GOOD PROTEIN CHOICES:

- Fresh Meat (chicken ,turkey, pork and beef)
- Fresh Fish (cod or salmon)
- Animal Products (milk, cheese, eggs and yogurt)
- Vegetable Product (tofu, soy protein, soy milk, legumes, lentils and nuts)
- Whey Protein (Isolate)

BAD PROTEIN CHOICES:

- Processed Meats (turkey, ham, chicken, sausages and burgers)



FATS: GOOD & BAD

THE GOOD UNSATURATED FATS

The good fats are known as unsaturated fats. These unsaturated fats include polyunsaturated fatty acids and monounsaturated fats. Both polyunsaturated and monounsaturated fats have been shown to have a positive effect on reducing blood cholesterol levels as well as reducing the risk of heart disease. A specific polyunsaturated fat known as omega-3 fatty acids has had positive results on decreasing the risk of coronary artery disease, reducing blood pressure and guarding against irregular heartbeats. The take home message is when introducing fat into your diet make sure it is the good fat and not the bad fat.

GOOD FAT CHOICES:

- Nuts (almonds, cashews, peanuts, pecans)
- Vegetable Oils (olive oil, canola oil, peanut oil)
- Peanut butter, almond butter, cashew butter
- Fish (salmon, herring, sardines, trout)**high in good omega-3 fatty acids
- Seeds (sun flower, pumpkin, sesame)
- Tofu, roasted soy bean and soy nut butter
- Avocado
- Omega3 and/or Fish Oil



THE BAD SATURATED AND TRANS FATS

The fats you should avoid and reduce from your diets are saturated fats and trans fatty acids (trans fat). Simply put, these fats are not good for your body and increase cholesterol levels, clog arteries, increase risk of heart disease and can increase the rates of cancer. The aim for all people, including athletes, should be to remove this from your diet and make better choices when integrating fat within the diet.

BAD FAT CHOICES:

- Butter and lard
- Processed meat
- Fried chicken
- Coconut products
- Palm oil, palm kernel oil
- Dairy foods (cheese, butter, milk, cream, ice cream)
- Cookies, cakes, pies, pastries and fast food



MEAL PLAN BREAKDOWN

IN THE END, HAVE A FOOD FIRST MENTALITY

Whether you are a junior athlete, professional athlete, or don't take part in any sport, it is important to make sure you are getting the proper energy, nutrients, and minerals daily. While a food first mentality is the preferred source of nutrients, when nutrients are lacking, supplementation is an option in your nutrition routine. If choosing supplements make sure to consult a health care practitioner and look for supplements labeled NSF-Certified for Sport.

WHAT SHOULD MY MEAL LOOK LIKE?

Each meal will contain different amounts of carbohydrate, protein and fat. Ideally it should be split into 3:
50% FRUITS and VEGETABLES, 25% PROTIEN and **25% WHOLE GRAINS & FIBER RICH CARBOHYDRATES**



EXAMPLES OF MEAL PLAN SAMPLES

	Example - Daily Training Day	Example - Game Day
MEAL 1	<p>Breakfast Fuel.Energize.Rehydrate</p> <ol style="list-style-type: none"> 1. Banana 2. Yogurt 3. Orange Juice/Water 	<p>Breakfast Fuel.Energize.Rehydrate</p> <ol style="list-style-type: none"> 1. 2 eggs 2. Oatmeal 3. Blueberries/strawberries 4. Two glasses of water
MEAL 2	<p>Lunch Strengthen.Charge.Hydrate</p> <ol style="list-style-type: none"> 1. Grilled Chicken 2. Spinach or Broccoli 3. Peach or blueberries 4. Water 	<p>Mid Morning Snack Revitalize</p> <ol style="list-style-type: none"> 1. Granola 2. Almonds 3. Banana 4. Water
MEAL 3	<p>Pre Training Snack Revitalize</p> <ol style="list-style-type: none"> 1. Trail mix 2. Strawberries 3. Water 	<p>Pre Game Lunch Strengthen.Charge.Hydrate</p> <ol style="list-style-type: none"> 1. Grilled chicken 2. Brown rice or pasta 3. Carrots and spinach
MEAL 4	<p>Post Practice Repair.Recover.Refresh.</p> <ol style="list-style-type: none"> 1. Grilled chicken 2. Brussel sprouts & avocado 3. Cup of Brown rice or pasta 4. Strawberries 5. Water 	<p>Post Game Repair.Recover.Refresh.</p> <ol style="list-style-type: none"> 1. Grilled salmon 2. Baked sweet potato 3. Mixed greens salad with avocado 4. Strawberries and blue berries 5. Water

Alternatives found in guide.