



Nutrition Tips for Active Soccer Players

1. Eat a balanced diet every day, including breakfast -- not just during soccer season.
2. Be physically active EVERY DAY – not just at soccer practice or on game day.
3. Get plenty of sleep - a good night's sleep every night keeps the brain clicking -- especially for those tricky foot moves and thinking through a play.
4. Fast foods don't make you fast and they certainly won't help you glide over the field; eating too much fast food may even put you on the sidelines!
5. Choose healthy snacks: think VARIETY – try lots of different types of foods like fruits and veggies, low fat crackers and granola bars.
6. Drink water!!! Fluids are important for proper hydration and water is the best choice. Be careful with juice drinks – look for ones with 100% juice and preferably citrus-based, like 100% orange juice.
7. Have FUN FUN FUN and enjoy being active – it's the best habit you can form!!!



Key Nutrients: Young girls need more calcium, iron and zinc

- ✓ **Calcium:** needed for strong bones. Good sources are low fat or non-fat dairy foods like non-fat/1% milk, low fat yogurts and cheeses; calcium fortified orange juice and cereals
- ✓ **Iron:** helps carry oxygen through your body -if you don't get enough, you'll be tired, slow and sick! Good sources are lean red meats; skinless chicken, pork, fortified breakfast cereals (iron is best absorbed with a citrus food like orange juice)
- ✓ **Zinc:** needed by cells – the building blocks of the body; helps repair and grow tissues – especially good if you get hurt! Good sources are meat, seafood, whole-grain products

Fun and Healthy Snack Ideas and Recipes



Snacks

Tip: look for snacks with no more than 5 grams of fat or 12 grams of sugar per serving – fewer is better

- ✓ Fruit and veggies like grapes, orange and apple slices, a half of a banana, baby carrots, celery sticks, cucumber slices
- ✓ Pretzels
- ✓ Dried fruits like raisins, apricots, cherries, cranberries, apples and bananas – mix them together
- ✓ Trail mix like nuts (try soy or peanuts), dry cereal, raisins, and a few chocolate chips or M&Ms
- ✓ Chex cereal mix
- ✓ Popcorn
- ✓ Low fat granola bars
- ✓ Dry cereal
- ✓ Low fat crackers/whole wheat bread and peanut butter
- ✓ Yogurt (try Dannon Gogurts or Stonyfield squeeze tubes)
- ✓ Popsicles
- ✓ Healthy quick-breads or muffins (banana, zucchini, pumpkin)
- ✓ Cheese sticks or cubes

Drinks

- ✓ Water is always the drink of choice
- ✓ 100% juice drinks – citrus-based like 100% orange juice or grapefruit juice
- ✓ Fun and healthy punches – see recipes below



Punch Recipes



Laurie's Sunshine Punch

1 Can of Frozen 100% Apple Juice- add 3 cans of water
1 Can of Frozen 100% Pineapple/ Orange Juice- add 4 cans of water
8 oz Lemon Lime Soda

Mix together in a cleaned gallon jug using a funnel to fill the jug with punch. You can also freeze the punch to make popsicles.

Ruby Delight Punch

1 Can of Frozen 100% Grape Juice- add 4 cans of water
1 Can of Frozen 100% Apple Juice- add 3 cans of water
8 oz Soda

Mix together in a cleaned gallon jug using a funnel to fill the jug with punch. You can also freeze the punch to make popsicles.

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