

2017-2018 Greenbelt Soccer Alliance U17 Girls Lightning

Nutrition, Hydration, Rest

- You are demanding a lot from your bodies. Respect them by following a healthy diet and eating when you should. Eat a healthy dinner in the evenings and a solid breakfast in the mornings.
- The meal before a practice or game should be about 2 hours prior and consist primarily of complex carbohydrates (go for whole grains and avoid simple sugars) and protein. Limit your fat consumption; it will slow you down. Eat fruit.
- Pasta is a good source of carbohydrates, but the less it's cooked the less glycemic it is. So cook your pasta al dente!
- Sugary drinks should be avoided, including juices (eat fruit instead). Simple sugars cause glucose to spike in your blood stream. By eating more complex carbohydrates and protein, blood glucose levels are more constant, you have energy available when needed and you are less likely to binge eat.
 - 🍷 NB! Eliminating 4 sodas a week for a year, and drinking water or a diet soda instead, makes a difference of about 10 pounds in body weight.
- Water should be your main beverage and you should drink throughout the day and particularly in the evening. Only if you have been working out when it is very hot, or if you have not been following proper nutrition, should you need to replenish electrolytes with a drink like Gatorade.
- You should have a snack immediately after a workout that includes both protein and carbohydrates. Trail mix, chocolate milk, protein bars are good examples. This immediate nutrition after exercise allows muscles to recover more quickly.
- Skip the chips! Avoid snack foods like potato chips, Doritos, etc.
- Sleep. It's important. Studies indicate that high school students need 9 hours of sleep a night to function at their peak levels. Athletes in training will need more than this! Stay focused on what you need to get done during the day and the evening so there is time for sufficient rest.