Off-the-Field Impacts Match Performance: Nutrition

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Introduction

• Massachusetts Youth Soccer recognizes that nutrition is a key part of being a coach so we co-developed a required training for coaches called Coaching Healthy Habits.
Good diet = Good soccer

1. Start on the field
   – Water
   – Fruits & vegetables as snacks (when needed)

2. Share simple messages with players and parents

3. Distribute healthy snack & meal ideas
Start on the Field

vs.

[Image of oranges] [Image of donuts]
A tale of two diets: Ideal diet

- Fruits & vegetables
- Whole grains
- Lean proteins
- Healthy fats
- Low-fat dairy
- Water
A tale of two diets: Typical diet

The top five calorie sources are

1. sweetened beverages
2. grain-based desserts
3. yeast breads
4. chicken dishes
5. pizza

*40% empty calories (added sugars & solid fats)
Food on game day

- **Refined sugars**: Short burst of energy. Not sustained.
- **Carbohydrates**: Sustained energy for muscles.
- **Fats & Protein**: Energy not available for muscles.

Time required for digestion

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Refined sugars
Carbohydrates
Fats & Protein
Blood flow during exercise

- 3-5% to stomach for digestion
- 80-85% to muscles

*Eat carbohydrates to fuel muscles and maintain energy.
Benefits of healthy diet

- Help you train longer and at a higher intensity
- Delay the onset of fatigue
- Promote recovery
- Help your body adapt to trainings
- Improve body composition and strength
- Enhance concentration
- Help maintain healthy immune function
- Reduce the chance of injury
- Reduce the risk of heat cramps and stomach aches
Simple messages

**Water** is the best “sports drink”
- Hydrate all day long – before, during, and after play

**Fuel-up on fruits & vegetables** to play your best
- Junk foods can slow you down

**Be prepared and avoid fast foods**
- Eat a healthy snack 60 mins. before practice
- Pack a healthy lunch on tournament day
Healthy Snack & Meal Ideas

**Fruits:**
- Oranges, apple slices, melon, grapes, bananas

**Vegetables:**
- Carrots, sugar snap peas, bell pepper strips, cucumbers

**Other snacks:**
- Hummus & carrots, fruit smoothie, yogurt & banana, turkey/tuna/PB&J sandwich
Coach’s Role

✓ Be a broken record
✓ Role model healthy habits
✓ Save treats for a special occasion
✓ Promote the Coaching Healthy Habits online training