



Nutrition: Fuel for Soccer Players

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Soccer requires short bursts of energy over a long period of time so athletes should be fueled with a carbohydrate-rich diet in order to run up to six miles a game.

Sports drinks, water, and fruit should be available for players to drink and eat during breaks.

Eating, drinking, and resting are all important to get through weekend tournaments in which several games are played. Special attention should be with eating recovery foods so your athlete is the best shape possible for the next day.

Please refer to Macalester College Nutrition Program online for more information and specific examples regarding:

- 1. Game Day Nutrition**
- 2. Pre-game Meal**
- 3. Game Day Snacks**

Other resources regarding general nutrition are also located on Macalester's website.