

FUELING THE FULL 90

Nutrition Strategies for Soccer Performance

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BACKGROUND

Every position in soccer has different physical demands:

- Forwards: frequent sprints, long distance
- Fullbacks: high-intensity runs (offense + defense)
- Center backs: strength and short explosive movements
- Midfielders: highest endurance and total distance
- Goalkeepers: quick, explosive movements



Proper nutrition helps athletes maintain energy, delay fatigue, and recover faster.

HYDRATION FOR PERFORMANCE

Hydration is critical

- Muscle is ~70% water
- Daily: ~0.5 oz per lb body weight
- Example: 180 lb athlete → ~90 oz/day
- During exercise: 7–10 oz every 10–20 min
- After exercise: replace ~150% of fluid lost

Hydrating foods:

- Cucumbers
- Watermelon
- Strawberries
- Yogurt

Proper hydration helps:

- Maintain endurance
- Prevent muscle cramps
- Improve focus and reaction time
- Regulate body temperature

MACRONUTRIENTS

Carbohydrates (MAIN FUEL)

- 4 calories per gram

Daily needs:

- 5–7 g/kg (training)
- 6–10 g/kg (game days)

Before exercise: 1–4 g/kg (3–4 hours before)

During exercise: 30–60 g/hour

After exercise: 1–1.2 g/kg within 1 hour

Protein (Recovery)

- 4 calories per gram
- **Needs:** 1.2–2.0 g/kg/day
- Supports muscle repair and recovery
- Post-exercise: 20–30 g protein

Fat (Long-term energy)

- 9 calories per gram
- **Needs:** 20–35% of total calories
- Supports hormones and overall energy

MICRONUTRIENTS

- B Vitamins: help convert food into energy
- Vitamin D: supports bone strength and muscle function
- Iron: carries oxygen → low levels = fatigue
- Calcium: strong bones, prevents injury
- Sodium & Magnesium: hydration and muscle function

ALL TOGETHER: FUELING THE FULL 90

EXAMPLE: GAME DAY NUTRITION PLAN (180 LB / 82 KG ATHLETE)

Day Before Game

Goal: increase glycogen (stored energy)

- Breakfast: oatmeal + banana + eggs
- Lunch: chicken + rice + vegetables
- Dinner: pasta + lean protein + bread
- Snacks: fruit, yogurt, granola bars

Game Day

3–4 hours before:

- High carbs, moderate protein, low fat
- 1–4 g/kg carbs (80–300 g)
- 0.2–0.3 g/kg protein
- Example: rice + chicken + fruit + sports drink

30–60 min before:

- 30–60 g quick carbs
- Example: banana + granola bar

During the game:

- Water or sports drink

After the game (within 30–60 min):

- 1–1.2 g/kg carbs (80–100 g)
- 20–30 g protein and rehydrate
- Example: chocolate milk, turkey sandwich, fruit



RECIPE EXAMPLES

Breakfast

High-Carb Breakfast Bowl

- 1 cup oatmeal
- 1 banana (sliced)
- 1 tbsp honey
- 1 tbsp peanut butter
- 1 cup low-fat milk
- 2 scrambled eggs

Lunch

Chicken and Veggie Sandwich

- 2 slices whole grain bread
- 3 ounces cooked chicken breast, sliced
- 1 cup spinach leaves
- ¼ cup shredded carrot
- 2 slices cucumber
- 1 teaspoon mustard
- 1 teaspoon hummus

Dinner

Recovery Pasta Plate

- 12 ounces of white pasta
- 4 quarts of water
- 1 tablespoon salt
- 1-pound boneless skinless chicken breast
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup low-sodium marinara sauce

SOURCES

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