A competitive soccer match requires a tremendous expenditure of energy and the food that we eat is the source of this energy. Some foods are better sources of energy than others, so just as we pay close attention to detail in our training, so too must we be mindful of our diet if we want to perform up to our highest potential. This is especially true in tournaments where a championship run requires either multiple games in a single day, or games on successive days. Here are some guidelines for eating before and after competition:

The pre-game meal should be 3-4 hours before kick-off and portions should be small. The pre-game meal should consist primarily of carbohydrates. Avoid fats and greasy foods that take longer to digest. Avoid spices that cause indigestion.

If the pre-game meal is breakfast, the following are good choices:
- Oatmeal or yogurt with fruit;
- Whole wheat pancakes or waffles with honey or peanut butter instead of syrup;
- Bagel with honey or peanut butter; avoid cream cheese.

If the pre-game meal is lunch or dinner, the following are good choices:
- Pasta with tomato sauce;
- Chicken breast (not fried);
- Sweet Potatoes;
- Fish (not fried);
- Peanut butter sandwich;
- Vegetables;
- Gelatin.

The above items are also good selections for the night before a game. You should not go into a game hungry. If you are within 2 hours of the game and you find that you are hungry fruit is a good option. Avoid energy drinks, as most of them are high in sugar, which leads to a "crash" after the short energy "rush." Drink lots of water during the entire 24-hour cycle before and after a game. **PLAYERS SHOULD FORGO ALL CARBONATED SODAS DURING TOURNAMENT COMPETITION.** Immediately following a game, chocolate milk, or a high protein drink is excellent for replenishing muscles.

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