

# Nutrition and Hydration Guidelines

Appropriate nutrition is essential for athlete’s growth and development, moreover consecutive soccer practices and matches suppose a great energy expenditure, mental focus and concentration. For this reason, choosing the right foods as our daily fuel takes a very important role.



Images extracted from 2015-2020 Dietary Guidelines for Americans

## 1.2 Nutrition

According to the current 2020 nutritional guidelines for Americans, these are the food choices we have to include into our diets. On the chapters below we see the approximate prevalence of this foods on our diet.

**Vegetables Healthy Intake:** Healthy eating patterns include a variety of vegetables from all of the five vegetable subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other. These include all fresh, frozen, canned, and dried options in cooked or raw forms, including vegetable juices.








**Grains Healthy Intake:** Healthy eating patterns include whole grains and limit the intake of refined grains and products made with refined grains, especially those high in saturated fats, added sugars, and/or sodium, such as cookies, cakes, and some snack foods. The grains food group includes grains as single foods (e.g., rice, oatmeal, and popcorn), as well as products that include grains as an ingredient (e.g., breads, cereals, crackers, and pasta). Grains are either whole or refined. Whole grains (e.g., brown rice, quinoa, and oats).

**Protein Foods Healthy Intake:** Healthy eating patterns include a variety of protein foods in nutrient-dense forms. The protein foods group comprises a broad group of foods from both animal and plant sources and includes several subgroups: seafood; meats, poultry, and eggs; and nuts, seeds, and soy products. Legumes (beans and peas) may also be considered part of the protein foods group as well as the vegetables group.

**Fruits Healthy Intake:** Healthy eating patterns include fruits, especially whole fruits. The fruits food group includes whole fruits and **100%** fruit juice (preferably home made). Whole fruits include fresh, canned, frozen, and dried forms.

**Dairy Healthy Intake:** Healthy eating patterns include fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages (commonly known as “soymilk”). Soy beverages fortified with calcium, vitamin A, and vitamin D, are included as part of the dairy group because they are similar to milk based on nutrient composition and in their use in meals

**Saturated Fats, Trans Fats, & Cholesterol Saturated Fats Considerations:** Intake of saturated fats should be limited to less than 10 percent of calories per day by replacing them with unsaturated fats. Trans Fats Individuals should limit intake of trans fats to as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils in margarines, and by limiting other solid fats. (desserts, microwave popcorn, frozen pizza, margarines, and coffee creamers). As recommended by the IOM individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern. In general, foods that are higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats.

<b>Food Types</b>	<b>Importance</b>	<b>Quantity</b>	<b>Food types</b>
<b>Vegetables</b>		<b>3 Cups x day</b>	<i>Broccoli, Spinach, Tomatoes, Carrots, Beans, Lentils, Potatoes, Green peas, Lettuce, Onions, Beets, Avocado.</i>
<b>Grains</b>		<b>4-8 oz x day</b>	<i>Buckwheat, quinoa, rice, oat, barley, millet, wheat, maize, farro, spelt, bulgur.</i>
<b>Protein</b>		<b>4-6 oz x day</b>	<i>Eggs, nuts and seeds, Chicken, dairy, Soy derivatives, fish and seafood</i>
<b>Fruits</b>		<b>3 cups x day</b>	<i>Apples, applesauce, apricots, bananas, berries (strawberries, blueberries, raspberries), figs, 100% fruit juices (unsweetened), grapefruit, grapes, kiwi fruit, mangoes, melons.</i>
<b>Dairy</b>		<b>2 cups x day</b>	<i>Milk, cheese, yoghurt, Soy alternatives.</i>
<b>Sugared beverages</b>		<b>Sporadically</b>	<i>Sodas, juices (that aren't 100% fruit juice), Energy drinks.</i>
<b>Processed foods and ultra-processed foods</b>		<b>Try to avoid them (especially ultra-processed)</b>	<i>Savory snacks, industrial pastries, ready meals, biscuits, bacon, sausage, ham, salami, pâté.</i>

## 2. Hydration

Hydration is one of the most important nutritional concerns for an athlete. Approximately 60 percent of body weight is water. As an athlete trains or competes, fluid is lost through the skin through sweat and through the lungs while breathing. If this fluid is not replaced at regular intervals during practice or competition, it can lead to dehydration.

Sports drinks and foods containing moderate amounts of sodium and electrolytes will enhance player hydration and recovery after consecutive practices and soccer matches.

Hydration choices	Liquid
Water	Don't wait until you are thirsty, drink regularly all throughout the day, carrying a bottle is a good strategy. Finally, our urine is the best indicator for a dehydration state. Checking our urine color will inform us about our current state.
Sports drink	After long training sessions, or consecutive games or practices, sports drinks will enhance our recovery by providing electrolytes and glucose. This is a complement of the main hydration source which is water. E.g. 10-12oz of Gatorade after a game or tournament (during practices or games quantities should be smaller).
Other	After finishing trainings, workouts or games, small quantities of fruit, dried fruits and nuts will provide important electrolytes while drinking water.



URINE COLOR CHART

