

## Coach Lem's Pregame / Postgame Diet Plan

Food is our bodies' fuel source. It's especially important to give our bodies the right fuel when we will be exerting a lot of energy, like when playing soccer games. The earlier we teach our kids this concept, the more well-rounded and healthy their lifestyle will be! Also, many soccer games are won by simply outlasting your opponent endurance wise.

Here are some ideas for the parents to keep in mind for game time meals and snacks for the players so that their energy doesn't tank before, during or between games:

Pregame (including day before):

1. Oatmeal with honey vs sugar
2. Non salted/non sugared nuts- walnuts, almonds, cashews etc.
3. Whole wheat bread
4. Eggs
5. Any green veggies, lean meat
6. Lower sugar granola cereal and bars
7. Fruits- berries, bananas, apples
8. Water water water to drink! 40-60 oz/day,  
Just water before games!

Postgame/between games:

1. Fruits as above plus oranges
2. Gatorade, Powerade- limited if we are playing another game. Push water above any other drink.
3. Granola or protein bars

\*Avoid Sodas, sugary drinks, and also heavy carbs such as thick crust pizza and pastas leading up to a game.