

FIFA Nutrition for Football Booklet

Soccer nutrition cannot be overlooked. You must devote part of what you do to get your players to eat right so they can play right. The fuel that feeds that muscles comes from nutrition. Pay attention to nutrition and your players might get that edge they need. Here are some excerpts belows about soccer nutrition.

Key Messages from FIFA Nutrition for Football Booklet.

"Whenever highly talented, motivated and well trained players meet in competition, the margin between victory and defeat is small. Attention to detail can make that vital difference."

"Diet affects performance, and the food that we choose in training and competition will affect how well we train and play. All players need to be aware of their personal nutritional goals and of how they can select an eating strategy to meet those goals. Every player is different, and there is no single diet that meets the needs of all players at all times. Individual needs also change across the season and players must be flexible to accommodate this."

"Diet may have its biggest impact on training, and a good diet will help support consistent intensive training while limiting the risks of illness or injury. Good food choices can also promote adaptations to the training stimulus. Getting the right amount of energy to stay healthy and to perform well is key. Too much and body fat increases: too little – and performance falls, injuries occur and illness – results."

"Carbohydrate supplies the muscles and brain with the fuels they need to meet the stress of training and competition. Players must be aware of what foods they should choose to meet their carbohydrate needs, how much should be eaten, and when these foods should be eaten."

(Excerpt taken from the *FIFA Nutrition for Football* E-booklet)

[Click here](#) to get the FIFA Nutrition for Football Booklet. (Slow download times on dial-up)

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