



Lonestar Soccer Club
P.O. Box 833
Cedar Park, TX 78630
512.336-KICK (5425)
www.lonestar-sc.com

Nutrition Presentation – Lonestar Soccer Club

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SAMPLE MENUS

• ***NIGHT BEFORE AN EVENT***

Evening Meal:

Spaghetti w/ Tomato & Meat Sauce or
Lean Meats or
Pizza (cheese or veggie)
Potatoes/Rice
Salad (low cal dressing)
Vegetables (canned, fresh or frozen)
Juice, WATER

Snacks:

Popcorn, Pretzels (complex CHO)
Pickles (Na)
Oranges, Bananas, Watermelon (Potassium)
SLEEP and WATER

• ***BREAKFAST***

Pancakes (2) w/ syrup
Small Sausage Link (or patty)
Fresh Fruit (bananas, oranges, strawberries...)
Milk, Juice and WATER

• ***LUNCH***

Sandwich (turkey, cheese (one slice), lettuce, tomato, pickles, w/ mustard)
Fresh Fruit
Chips (choose wisely- Sun Chips, Reduced Fat, SMALL packages)
Milk or OJ w/ Calcium, WATER

• ***AFTER AN ATHLETIC EVENT***

SAMPLE RECOVERY FOOD: "Super Goo"

Ingredients:

1. Ziploc Bag
- 2.2 T. Peanut Butter
- 3.1 T. Honey
- 4.1 Ripe Banana



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TOURNAMENT RECOMMENDATIONS

Feed often

Select whole grain and easy to digest foods (no fried foods– takes longer to digest)

Choose steamed or baked over fried/breaded

Make sure good food is available (don't depend on fast foods or concessions)

Provide plenty of water

Have extra snacks: pretzels, popcorn, rolls

Online Resources

www.kidnetic.com

Kidnetic.com is a cool site for kids who like to play hard and have fun and offers a special section just for parents.

www.mypyramid.gov

MyPyramid.gov assists you in making smart choices from every food group, find your balance between food and physical activity and get the most nutrition out of your calories.

www.eatright.org

The American Dietetic Association provides nutrition information through "position papers", "tip of the day" and a "monthly feature" all focusing on updated nutrition information on relevant topics.

www.lfed.org

Lifelines Foundation for Eating Disorders provides information for those who suffer from an eating disorder, for friends and family, educators, coaches and medical professionals. This site is very helpful in providing general information. For more specific help for a student suffering from an eating disorder in AISD please contact your school counselor.

www.gssiweb.org

Gatorade website to determine fluid (water) requirements for athletes before, during and after an athletic event.