

WELL-BALANCED MEALS

The preparation and consumption of well-balanced meals supports not only the physical development of players at all stages but provides them with the essential macro- and micronutrients to perform to the best of their abilities.

Each meal should include foods from each of the essential food groups:

CARBOHYDRATES	PROTEINS	HEALTHY FATS
Grains	Dairy	Unsaturated fatty acids Soy, corn, sunflower, safflower, olive, peanut, canola, avocado Seeds and nuts
Oatmeal, brown rice, whole-grain bread, pasta, quinoa	Milk, yoghurt, cream cheese, hard cheese	
Fruits and berries	Eggs	
Blueberries, strawberries, apples, bananas, pears, kiwi, raspberries, oranges		
Vegetables	Lean meat or fish	
Potatoes, sweet potatoes Broccoli, beans (all colors and varieties), spinach, carrots, leek, kale, cabbages, peas, corn, tomatoes	Chicken breast, lean beef Fish and seafood Vegetable proteins Soy products, vegetables, beans, peas, vegetarian meat-alternatives	

Accompanied by plenty of water

Ready-made meals and food products, fried foods, eating at fast food chain restaurants and snack bars high in sugars and saturated fats (chocolate bars etc.) should be avoided. Homemade snacks save money and the nutrition provided is of high quality.