Right Amount of Protein and Fat for Soccer Players

Posted by logan - 2010/07/27 09:30

Even though carbohydrates are extremely important to all athletes, fats and proteins serve an entirely different yet just as necessary role. The consumption of fats will help maintain body homeostasis at the cellular level. Every cell in our body has a protective membrane composed of a phosphate and lipid bilayer. This lipid bilayer is all that guards our cells from the outside environment. In essence, our cell barriers are composed of the fats we eat on a daily basis. Proteins, on the other hand, provide a much needed repair system after a workout, training session, or game. Muscles and other soft tissue components are built on the breakdown of dietary protein into amino acids, (the building blocks of proteins). These amino acids are then shipped to an area of the body which is in need of muscle or soft tissue restoration. After any strenuous workout, an athlete has broken down tissues in their body. Mending will only take place with the proper ingestion of proteins. With these concepts in mind, here are a few helpful hints regarding the amount and type of fats / proteins a soccer player should eat on a daily basis.

• Healthy Foods With The Fats We Need
o Nuts such as
 Almonds / Cashews / Walnuts / Brazilian Nuts
o Avocado
o WILD CAUGHT Salmon
 Wild caught fish will provide your body with the necessary amount of Omega 3 Fish Oil
• This is another substance which will help in maintaining balance in your cells.
o Olive Oil
o Seeds
 Pumpkin / Sesame
• Healthy Foods With The Proteins We Need
o Any form of LEAN MEAT / FISH / CHICKEN
 Lean simply refers to the amount of fat content in food. The less fat, the leaner the meat / fish / chicken, and the healthier option.
• When looking for a good source of fats, do your best to find MONOUNSATURATED or POLYUNSATURATED fats. The foods to stay away from will include SATURATED or TRANS fats.
• Each day an athlete should consume the following percentage of carbohydrates, fats, and proteins. This is a baseline and will fluctuate with workout schedule and routine.
o Carbohydrates = 50-60% of your diet
o Fats = 25%
o Proteins = 10-15% of your diet
 A well conditioned athlete should try and eat 1.5 grams of protein for ever kilogram they weigh.
• For instance
o If a person weighs 150 pounds they should eat around 100 grams of protein a day
• Remember, this is only the case in a well conditioned or trained athlete. For the normal person, be sure to consume 1 gram of protein for every kilogram they weigh.

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