

# National Women's Soccer Team

## Emphasizing High Quality Nutrition – Some Starting Points

### Task #1: Does food pass the “IQ Test” ?

*I* ntelligent Choice ?

High *Q* uality ?

#### Some Fundamentals:

##### Fresh Fruits:

(5 – 10 servings of fruit or vegetables daily)  
(e.g. bananas – are an ideal post training replacement of complex carbohydrates to accentuate regeneration of energy stores – eat in the period immediately after training for best effect)

##### Fuel:

Complex Carbohydrates – pasta, rice, baked potato are highly appropriate, recommended energy sources  
Avoid intake of white breads – whole-grains of high quality are much preferred  
Remember “timing” and “quality” are important

-- Think: “Ferrari” not “Ford”! --

##### Fats:

Minimize or eliminate consumption of ‘saturated fats’ – butter, creams, sauces.  
**Switch to skim milk, margarine, low-fat yogurt, low-fat cheeses etc.**  
**Avoid high-calorie and fat-laden snacks,**

##### Fe (Iron):

Ensure adequate iron intake – green, leafy vegetables (e.g. salads, spinach); lean red meat;  
Vitamin C helps iron absorption – e.g. orange juice with meals

##### Finally...Proteins:

Make ‘high quality’ protein choices – lean meats, fish, (or appropriate vegetarian choices), grilled not fried, free of greasy sauces