



FROM THE DESK OF **TARA COLLINGWOOD** SPORTS NUTRITIONIST

5 MUST-HAVE FOODS FOR SOCCER PLAYERS

1

Spinach

Just one cup of spinach contains over 100% of the daily recommended value of vitamins A and K. Vitamin A is important for vision, while vitamin K is important for blood clotting and bone health. As an added bonus, spinach is virtually tasteless, so it can sneak into other dishes, like pasta sauce, smoothies, and muffins.



2

Bananas

Bananas are a healthy and convenient food, making them easy to carry on-the-run. They're also high in potassium, which is critical for muscle contraction, nerve communication, and heart health. Potassium is also one of the electrolytes lost in sweat.



3

Nesquik Lowfat Chocolate Milk

Nesquik is at the top of my list for postgame nutrition because it contains what research suggests is the ideal 3:1 ratio of carbs to protein. The carbohydrates help to replenish energy and the protein (which is not found in most sports drinks) helps to repair muscles.



4

Salmon

Salmon is a lean source of protein that helps the body with growth, maintenance, and repair. It's also a great source of omega-3 fatty acids, which fight inflammation, are heart healthy, and brain boosting.



5

Whole Wheat Wraps

A whole grain loaded with essential nutrients and energy producing complex carbs, whole wheat wraps are a versatile food that can be eaten any time of day—fill them with eggs and salsa to make a breakfast burrito, stuff them with your usual sandwich fixings, or fold in cheese, chicken, and veggies to make a quesadilla—the possibilities are endless.



NESQUIK IS THE OFFICIAL CHOCOLATE MILK OF **US YOUTH SOCCER**

