



MAKE NUTRITION A STRATEGY

WINNING IS MORE THAN JUST SKILLS AND STRATEGY

Soccer requires players to stay in constant, fast-paced motion throughout a game. Along with practicing skills and building teamwork, what a player eats and drinks — and when — plays a major part in their success on the field. Proper nutrition is important for good health and top performance, especially for an athlete on game day and after practice as it helps improve endurance, agility, speed and strength.

"You can't play your best if you don't have proper nutrition! That means not just on game day, but all week, so you can practice and play games at your peak level and still recover with the energy you'll need for your body's best performance."

Alexi Lalas, Soccer Analyst and Former US Men's National Team Player



GAME DAY NUTRITION

Here are some good nutrition choices for game day and post practice.

BEFORE

Carbohydrate-rich snack or meal that includes some protein and is low in fat and fiber for optimal digestion.¹

3 - 4 HOURS BEFORE START:

- Peanut butter and banana sandwich, apple slices and low-fat milk
- Fruit and Greek yogurt smoothie with low-fat granola
- Lean hamburger on bun with lettuce and tomato and yogurt with fruit
- Turkey wrap with cheese, fruit and fat-free yogurt

30 - 60 MINUTES BEFORE START:

- Water
- Piece of fruit or fruit jam sandwich

DURING

Fluids -- water, drinks with carbohydrates and electrolytes and carbohydrate-rich foods.

- Banana
- Bread or roll with jam or honey
- Low-fat granola or sports bar

POST GAME OR PRACTICE

Carbohydrate, protein, fruit/vegetable, fluids.

WITHIN 30 MINUTES:

- 8 fl. oz of Nesquik® Low-fat Chocolate Milk*

2 HOURS AFTER²:

- Whole wheat pita bread with lean meat, veggies, pretzels, and low-fat milk
- Stir fry with lean protein, veggies and brown rice and ice tea/water



¹ Nutrition Fact sheet, Issue 3, April 2009 Sports, Cardiovascular and Wellness Nutrition Practice Group AND (Academy of Nutrition and Dietetics), eatright.org

² Timing Your Nutrition, C. Mohr, Dec. 2012, AND (Academy of Nutrition and Dietetics), eatright.org

*Low-fat chocolate milk, like Nesquik®, may contain what research suggests is an ideal 3:1 ratio of carbohydrate to protein that may help refuel and restore exhausted muscles.

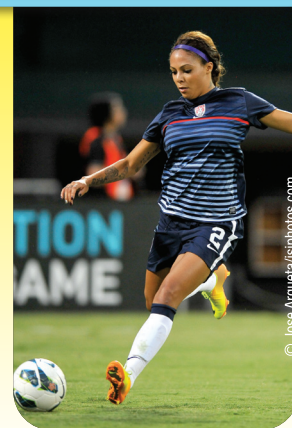


RECOVERY IS ESSENTIAL



It is important to provide an athlete with the nutrients needed to recover within the recommended **30 MINUTES** after a prolonged or strenuous game or practice. Scientific research suggests that low-fat chocolate milk, like Nesquik®, may help refuel and restore exhausted muscles because it naturally contains what research suggests is the ideal 3:1 ratio of carbohydrates-to-protein.

"Recovery is a really important part of your training plan. If you give it your all on the field, then it is critical to refuel your muscles properly after your game or practice. Chocolate milk is my preferred recovery drink."

Sydney Leroux, US Women's National Team Player



COMPARING RECOVERY OPTIONS

<div>NESQUIK® CONTAINS</div> <div>the ideal ratio of carbohydrates-to-protein that may help refuel and restore exhausted muscles</div>		<div>Low-Fat Nesquik® Chocolate Milk (8 fl. oz.)</div> <div>25g</div> <div>8g</div>	<div></div> <div>Leading Hydrating Sports Drink (8 fl. oz.)*</div> <div>14g</div> <div>0g</div>	<div></div> <div>Leading Juice Drink for Kids (8 fl. oz.)**</div> <div>23g</div> <div>0g</div>
<div>IDEAL RATIO IS 3:1</div>		<div>Carbohydrates</div> <div>Protein</div>		
<div>% OF DAILY VALUE***</div>				
<div>ELECTROLYTES</div>	<div>Sodium</div>	<div>7%</div>	<div>5%</div>	<div>1%</div>
	<div>Potassium</div>	<div>12%</div>	<div>1%</div>	<div>0%</div>
	<div>Calcium</div>	<div>40%</div>	<div>0%</div>	<div>0%</div>
<div>VITAMINS</div>	<div>Vitamin D</div>	<div>25%</div>	<div>0%</div>	<div>0%</div>
	<div>Vitamin A</div>	<div>10%</div>	<div>0%</div>	<div>0%</div>
<div>Artificial Sweeteners</div>		<div>No</div>	<div>No</div>	<div>No</div>
<div>Dye/Color Additives</div>		<div>No</div>	<div>Yes</div>	<div>No</div>
<div>High Fructose Corn Syrup</div>		<div>No</div>	<div>No</div>	<div>Yes</div>

*Standard serving size is 12 fl. oz.

**Standard serving size is 6 fl. oz. (177mL)

***Daily Value based on recommended dietary allowance.

Refueling with Nesquik® Lowfat Chocolate Milk after prolonged and strenuous exercise helps restore exhausted muscles and replaces fluids lost in sweat.

NESQUIK® IS THE OFFICIAL POST GAME BEVERAGE OF

