

## Volleyball

Volleyball is an explosive, quick power driven sport. What propels the ball over the net is energy, primarily anaerobic muscle energy, for serving, spiking, blocking, digging, and rolling.

### Estimated Calorie Expenditure per minute

Level of play	Kcal per/min
LB	117 123 130 143 150
Competitive	7.8 8.2 8.7 9.5 10.0
Non-competitive	2.7 2.8 3.0 3.3 3.4

**Pregame meals should be light in fat, moderate in protein and carbohydrate based.**

Pasta with grilled chicken or shrimp, lean meat with baked potato or a lean meat, mayo-free 6-inch whole wheat sub will also work 2-3 hours before game time.

### Sample Meal Plan

#### Morning

Citrus fruit or juice or cup of strawberries or blueberries  
Egg white omelette with green veggies, tomato and nonfat cheese  
1 small bowl oatmeal, whole grain cereal or slice of whole grain bread  
2 tsp nut butter

#### AM snack

Low fat breakfast bar or sport bar  
Water or sugar free beverage

#### Afternoon

Turkey wrap or sandwich with low fat whole wheat tortilla or bread  
3-4 oz turkey  
lettuce/tomato  
2 tsp mayo  
1 small bag baked chips  
1 apple or pear  
Water or sugar free beverage

#### PM snack

Fresh fruit smoothie with lowfat yogurt  
Or lowfat yogurt with fresh fruit and granola sprinkle  
Water or sugar free beverage



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# Volleyball

*Healthy eating tips  
to maximize your  
performance*



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## **Diet for athletic Performance**

The training period offers you an excellent opportunity to establish sound eating practices that will benefit you on the playing field as well throughout life.

### **Make Snacks Count**

Choose snacks that contain more than just calories. When you eat out with friends, choose something nutritionally sound, like a cheeseburger with a slice of tomato and lettuce leaf. How many food groups are present in this sandwich? What might you eat along with this sandwich to make an even better snack?

### **Look for Extra Food Energy**

Teenage athletes burn up more calories than non-athletic teens. You can fill this requirement by eating more food from all food groups. Carbohydrates are the most efficient fuel for your body during strenuous exercise. Get most of your extra energy from foods like starchy vegetables and whole grain or enriched bread cereal, rice, or pasta instead of from fatty foods. For example, on an athlete's plate, a baked potato should get the nod over fries.

## **Eat Regularly**

Breakfast is especially important because you need food to start the day. Your body begins the day in a low-energy, fasted condition. Teens, who eat breakfast score higher on physical fitness tests. Breakfast can be made up of any combination of nutritious foods that you enjoy eating. Spaghetti and meatballs, together with an orange juice and a glass of milk, is a nutritionally sound meal for any time of the day-even breakfast!

### **Check Your Diet Frequently**

Spot-check your daily diet at least once a week. Are you eating at least the minimum number of servings from each food group each day? How can you use the food guide pyramid as a tool to make improvements?

How can you tell if your diet is stacking up? Nutritionists have developed a food-guide system in the shape of a pyramid that can help you rate or evaluate your diet. This guide divides food into five groups on the basis of the nutrients each group provides. By eating the recommended amounts of food from each group daily, you can greatly increase your ability to get all the nutrients your body needs--and that will improve your ability on the playing field.

Athletes come in different sizes and shapes, and follow different types of training programs. While they may all follow these nutritional rules, their meals may look quite different. Athletes who train strenuously for many hours each day will need to eat large amounts of carbohydrate and calories. Big tall athletes will need to eat more than petite athletes such as gymnasts. Many athletes need to organize their meals to fit around their training or competition schedules.

Keep yourself in shape with a body fat level that suits your sport--eat the right amount of calories for your body size and training program.

Keep your muscles fueled for training and competition by eating plenty of carbohydrate foods. Make room for these foods by reducing the amount of fat.

Enjoy a variety of nutritious foods to provide yourself with all the protein, vitamins, and minerals that your body needs. Your need for some of these nutrients will increase because of your heavy exercise program. Look after fluid needs. Drink before, during, and after exercise sessions to prevent yourself from becoming dehydrated.

For more information go to:  
<http://usm.maine.edu/athletics/>