



## Sports Nutrition for Volleyball

Volleyball is an intermittent, high intensity exercise with all-out effort (sprints of up to 2-7 seconds) with periods of less intense effort, and low intensity effort (walking and standing still)

Calorie needs: Approximately 33-44 calories/ kg

Carbohydrates are your best energy source

### Carbohydrates

Carbohydrates are the main energy source for muscles—they will fuel your body through the match.

Approximately 40%- 50% of your daily calories should come from healthy carbohydrates

Sources: Pasta, Potatoes, Corn, Brown Rice, Pretzels, Tortillas, Crackers, 100% of whole grain bread, cereal, milk or yogurt, or Barley,

Carbohydrate intake should be **5-7 grams of carbohydrates/kg**

### Protein

Protein helps build new tissue and repair torn/worn tissue and helps you recover faster. It also helps promote a healthy immune system.

Sources: Lean turkey, chicken, fish, soy protein, eggs, cheese, lean ground beef (>90% lean), quinoa, bean dip, peanut butter, jerky, baked beans, pork

Protein needs: Protein should range from **1.2 to 1.7 g/kg**

### Fat

Fat is a source of stored energy – Approximately 30% of your calories should come from fat

Sources: Extra Virgin olive oil, canola oil, nuts, seeds, avocados, and natural peanut butter (with the oil on top), olives

**Fat Needs: 1.0 gm/kg**

**Fluid Needs: Dehydration is a real concern.** A loss of 2% of your body weight from dehydration can increase fatigue and impair performance. Athletes that drink enough fluid can practice or perform 33% longer than those who do not drink enough. Sports Drinks will help replace fluids, carbohydrates and electrolytes (sodium and potassium)

**Signs of Dehydration:**

Noticeable Thirst  
Muscle Cramps  
Weakness  
Impaired Performance  
Headache  
Nausea  
Fatigue  
Burning in Stomach  
Dry Mouth  
Dizziness

**During the Day:**

16- 20 ounces (2-3) cups of fluid within one hour of waking up  
20 ounces of fluid with every meal  
16-20 ounces with every snack

**Sample Daily Menu for Volleyball Players  
(From L. Bonci Sport Nutrition for Coaches book)**

**Breakfast:**

½ cup oatmeal with 2 TBSP almonds, 2 TBSP raisins and ½ cup low fat milk, soy or almond milk and 1 cup of milk or 6 ounces of yogurt + 1 cup (8 ounces of water)

**Lunch:**

Sandwich or tortilla wrap with 3 ounces of lean protein and 1 slice of cheese or 4 ounces of tofu  
One piece of fruit  
One handful of pretzels, crackers or baked tortilla chips or granola or cereal bar  
8 ounces of milk or soy or almond milk and 12 ounces of water

**Dinner:**

5-6 ounces of lean protein (beef, turkey, chicken, fish, or soy protein)  
1 cup of 100% whole grain pasta, brown rice, or potatoes  
1.5 cups of vegetables  
Fruit or ½ cup low fat ice cream, pudding, frozen yogurt or sorbet  
8 ounces of milk and 12 ounces of water

**Snack:**

1 cup cereal with ½ cup fruit and 6 ounces of milk  
20 ounces of water