




HEALTHY FUEL FOR HEALTHY ATHLETES




BEFORE

3+ Hours Before

 Healthy meal or snack that includes whole grains, fruits, and vegetables to fuel muscles


 Water

30-60 Minutes Before

 Fruits like bananas, clementines, or apples

 Water

Ideas for 3+ hours before:

-  Tuna or turkey sandwich with carrots
- Peanut butter & banana sandwich
- Eggs & whole wheat toast with melon slices

Avoid eating fried or fatty fast foods. These foods take a long time to digest, using energy your muscles need to help you play your best, and potentially causing stomach cramps.

DURING

Halftime or During Practice




Fruit, if needed



Water (sports drinks aren't recommended)

Ideas for halftime or during practice:

-  Orange or apple slices, strawberries, melon, sugar snap peas, pepper strips

During a typical sports practice, kids aren't as active as many people think. On average, players are active for only half the practice. Consider if a snack is even necessary.

AFTER

Recovery or Cool Down




Healthy meal or snack within one hour after play





Water

Ideas for recovery:

-  Fruit smoothie
- Hummus & carrots or cucumber
- Yogurt with banana or granola

Save the treats for a special occasion! Eat healthy foods that will replenish muscles and help you stay energized for your next activity.

Postgame & Tailgates:

-  You can bring these Healthy Fuel ideas to your postgame or tailgate, too. For example, try sandwiches on whole wheat bread instead of pizza, and fruit and veggies instead of cookies and chips. Have families sign up to bring a salad, veggie sticks, and cut up fruit so you can be sure healthy options will be available. And water is perfect for pre- and post-game hydration, no need for sugary drinks or sports drinks.
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Watch the training at www.CoachingHealthyHabits.org and visit www.popwarner.com/Default.aspx?tabid=1476229 for more info.