

How to fuel active kids for sports & play

SPORTS SITUATION	SPORTS & ACTIVITY EXAMPLES	WHEN TO EAT & DRINK	WHAT TO EAT	WHAT TO DRINK	GO EASY ON
Before a big game, practice, or activity	Football, soccer, swimming, hockey, basketball, volleyball, lacrosse, baseball, softball	2 hours before	<p>A meal that contains complex carbohydrates, protein, and a small amount of fat such as:</p> <ul style="list-style-type: none"> turkey OR egg salad sandwich on whole grain bread with lettuce, tomato slices, thin slice of cheese, a dab of light mayo; apple slices baked potato OR 2 corn tortillas topped with beans, salsa, and a sprinkle of grated cheddar cheese; kiwi slices grilled chicken OR fish, brown rice and small green salad with low-fat dressing 	8 ounces low-fat milk or fortified soy beverage AND at least 8-12 oz. of water	Empty calorie foods such as candy, chocolate, cookies, sweetened drinks, and fried chips. Fat and sugar will weigh you down and leave you feeling sluggish just when you need energy to play your game.
At the game/activity	Football, soccer, swimming, hockey, basketball, volleyball, lacrosse, baseball	At break periods or halftime	Orange wedges, melon cubes, fruit slices or grapes	Plenty of Water – Drink at least ½ cup of water every 15-30 minutes.	All foods except fruit to avoid an upset stomach
At an all day event or tournament	Gymnastics meet, soccer tournament, volleyball tournament, swim meet, track meet, ice skating competition	Eat a healthy breakfast and then eat at breaks between your events	<p>Light snacks such as:</p> <ul style="list-style-type: none"> a few whole grain crackers spread with peanut, sunflower seed or almond butter; baby carrots 1 serving Greek yogurt; small banana half of a tuna sandwich on whole grain bread; grapes 	Plenty of Water – Drink at least ½ cup of water every 15-30 minutes.	Heavy, fatty empty calorie foods that will weigh you down and upset your stomach
An activity or game on a really hot day	Running or playing soccer in the hot sun for more than 90 minutes at a time	Drink every 20 minutes	Orange wedges, melon cubes, fruit slices or grapes	Lots of Water! Drink at least ½ cup of water every 15 minutes, AND Drink 8 oz. (250 ml) of a sports beverage once every hour.	Heavy, fatty empty calorie foods that will weigh you down and upset your stomach
After the big game/activity	All sports and activities!	Your body “fuels back up” the best if you eat within 30 minutes to 1 hour after your game.	In order to refuel your body, eat a balanced meal that has plenty of carbohydrates. A meal of whole grain pasta, meat sauce, salad and milk will do the trick!	Drink plenty of water and a glass of milk to rehydrate your body.	Empty calorie foods such as candy, chocolate, cookies, sweetened drinks, and fried chips. Limit to one serving of dessert or another treat.
Everyday diet for young athlete “in training”	All sports and activities!	Every day, eat at least 3 meals and 1 to 2 snacks	A balance of foods from all five food groups - Visit www.choosemyplate.gov for an individualized daily food plan.	Milk or fortified soy beverage and lots of water	Empty calorie foods such as candy, chocolate, cookies, sweetened drinks, and fried chips. Limit to 1 to 2 servings on most days.