




# 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

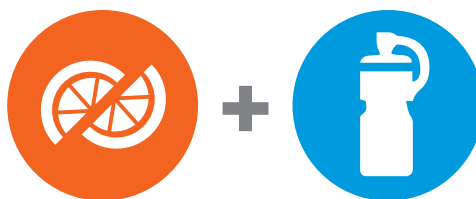
#### Ideas for 3+ hours before:

-  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)

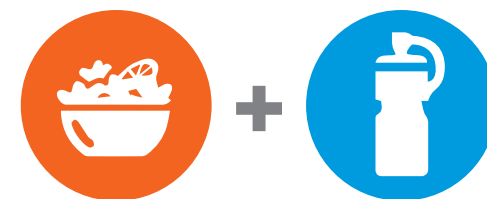
#### Ideas for halftime or during practice:

-  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.

## Tournament Days:

 **Less than 1 hour before the next game?** Have a fruit or vegetable as a snack like a banana, apple, or carrot sticks.

 **2 hours or more between games?** Pack a healthy meal that includes fruits, vegetables, and whole grains and skip the concession stand treats. You can also help your concession stand introduce healthier options. Contact [HealthyKidsOutOfSchool@tufts.edu](mailto:HealthyKidsOutOfSchool@tufts.edu) to learn more.



Visit [www.CoachingHealthyHabits.org](http://www.CoachingHealthyHabits.org) for additional resources