

REFUEL with healthier post-game snacks



US Youth Soccer Official Snacking Guide

While many young soccer players consider the post-game snack to be a highlight, it's still important for parents to make sure they deliver healthier options when it's their family's turn to bring the team snack.

Immediately following the game, kids need the proper nutrition to refuel what their bodies have lost – especially fluids, carbohydrates and proteins that will help re-energize.

It can be a challenge to get children to eat healthier, but if the whole team is aligned on what's acceptable for snacks it can be a great opportunity to teach kids how to get the proper nutrition after exercising.

US Youth Soccer Approved Snack Suggestions

FOOD

- YoCrunch® yogurt with fun toppings
- Bananas
- Clementines
- Pre-packaged apple wedges with peanut butter
- Granola bars
- String cheese
- Popcorn
- Pretzels
- Baked chips
- Low-fat muffins
- Trail mix
- Whole grain crackers and cheese
- Fruit snacks
- Raisins
- Whole fruit
- Apple sauce
- Baby carrots

DRINKS

- Low-fat chocolate milk
- Sports drinks
- Water
- Flavored water

It's important to be aware of any food allergies children on the team may have to avoid dangerous situations.



Team Snack Schedule

Game Date	Child	Parent Name	Home Phone/Cell	E-mail



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