




HEALTHY FUEL FOR HEALTHY ATHLETES

BEFORE

3+ hours before

 Healthy snack or meal with carbohydrates to **fuel muscles**. The best carbohydrates are **fruits, vegetables and whole grains**.



Water

60-30 minutes before

 Fruit, like bananas, clementines or apples



Water

Ideas for 3+ hours before:



Tuna or turkey sandwich with carrot sticks

Nut butter and jelly sandwich with grapes

Low-fat cream cheese and peppers or cucumbers on whole-wheat bagel

Hard boiled or scrambled eggs and whole wheat toast with melon slices

DURING

Halftime or during practice



Fruit or vegetable, if needed



Water

Ideas for halftime or during practice:



Oranges, apple slices, melon, grapes, sugar snap peas, pepper strips

AFTER

Recovery / cool down



Healthy meal or snack about an hour after play



Water to replenish sweat losses - not sugary sports drinks

Ideas for recovery:



Fruit smoothie
Hummus and carrots or celery sticks
Yogurt and banana or granola

Save the treats for a special occasion. Instead, have healthy foods that will replenish muscles and help you stay energized for your next game!

DID YOU KNOW?

Heavy foods—like donuts, pizza, or French fries—will really slow you down. They take a long time to digest, using energy your muscles need to move your body. Get the energy you need to play your best by fueling-up on foods listed under “Before.”

Tournament Days or Back-to-Back Play:



Less than 2 hours before your next game? Have a fruit or vegetable snack, like a banana or apple with nut butter, or carrot sticks.



Two hours or more between games? Have a healthy snack or meal of carbohydrates (fruit, vegetables or whole grains).