



## Healthy Snacks Before a Game

Help your child make it to half-time feeling strong: Carbohydrates one to two hours before a practice help fuel muscles. Grains, such as pasta or crackers, are your best healthy snacks. Some protein or fiber help slow digestion and sustain energy: Choose fruit or low-fat protein options such as milk, turkey, or yogurt.

Avoid fatty foods (these slow digestion too much) and extra-sweet foods such as soda, candy, and sports drinks. These cause a spike in blood sugar. If sugar levels then drop quickly during a game, your child could become sluggish or even dizzy.

Pre-game snack suggestions:

- Whole-grain bread, crackers, tortillas, or pretzels
- Cereal (as long as it's not high in sugar)
- Enriched pasta or brown rice
- Plain popcorn
- Low-fat cheese, yogurt, pudding or milk
- Turkey, chicken, tofu
- Apples, bananas, pears, oranges
- Carrots, sugar snap peas, cucumbers



## Healthy Half-Time Snacks

During a game, it's most important to stay hydrated, so keep the water flowing. Avoid salty foods, since they dehydrate instead of re-hydrating. The best half-time snack choice is fruit, since it contains lots of water and nutrients, and also has kid appeal!

Half-time snack suggestions:

- Bananas (cut in half)
- Orange slices
- Clementines (peeled)
- Grapes
- Small slices or chunks of melon
- Apple wedges (sprinkle with orange juice to prevent browning)



## Healthy Snacks After a Game or Workout

Immediately following a game or intense practice, kids need lots of fluids to replace what they've lost to perspiration. Milk (including chocolate milk), fruit juice, and water are all good choices. If they've really been sweating, they also need sodium and potassium, which is why sports drinks contain these electrolytes.

Finally, carbohydrates and proteins help kids refuel and re-energize. While some sugar is OK, don't go overboard; it's not wise to reinforce the idea that sweets are a good way to reward yourself for a job well done.

Post-game snack suggestions:



cream cheese

- Fresh fruit (see list above) or applesauce
- Fruit frozen into kabobs or pops
- Dried fruit, including leathers or rolls made with 100% fruit
- Fruit-flavored gelatin
- Granola bars, but watch out for high calorie, fat, and sugar content
- Cookies: Best choices are fig bars, oatmeal cookies, animal crackers
- Crackers/bagels: whole-grain versions top w/ peanut butter, cheese, or low-fat
- Yogurt
- Pudding
- String cheese
- Popcorn, pretzels, baked chips
- Muffins (low-fat)
- Trail mix (with dried fruit instead of candy; beware nut allergies)

In order to help parents make good snack choices on their assigned snack day, please let Team Moms know if your child(ren) have any food allergies. There won't be a snack schedule for Round Robin, but we will be passing out lists for games. Let us know if there is a particular game you won't be attending or a date you would prefer (i.e. birthday).

Thanks for your cooperation!

Cougar Team Moms

