




# 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)

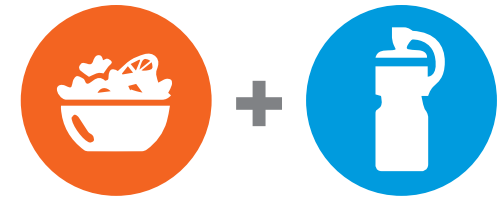
#### Ideas for halftime or during practice:

-  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.

## Postgame & Tailgates:

-  You can bring these Healthy Fuel ideas to your postgame or tailgate, too. For example, try sandwiches on whole wheat bread instead of pizza, and fruit and veggies instead of cookies and chips. Have families sign up to bring a salad, veggie sticks, and cut up fruit so you can be sure healthy options will be available. And water is perfect for pre- and post-game hydration, no need for sugary drinks or sports drinks.
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Visit [www.uslacrosse.org/safety/nutrition-heat-hydration](http://www.uslacrosse.org/safety/nutrition-heat-hydration) for additional resources.