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 to learn more.

Visit www.CoachingHealthyHabits.org for additional resources.