

## Snacks for Before and After Sports

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### **Before Sports Snacks:**

Choose light, complex carbohydrate (whole grain) rich foods, to give a sustained energy source. Pre-game snacks to be eaten at least one hour before the sport.

#### **Examples of Foods:**

- Wholegrain bread with jelly
- Brown rice cakes and peanut butter
- Fresh fruit (pears, bananas, strawberries ect.)
- Yogurt cups
- Dried fruit
- Fresh veggies (carrot sticks, sugar snap peas, sliced bell peppers ect.)

### **Before Game Fluids:**

Choose non-caffeinated, hydrating beverages. Avoid anything sweetened with corn syrup, as these beverages create a quick burst of energy followed by sluggishness. Pre-game fluids of no more than a cup should be consumed at least 1hour prior to the sport.

#### **Examples of Fluids:**

- 100% Fruit juice
- Water

### **After Game Snacks:**

Choose foods high in complex carbohydrates with a bit more protein than before. Post-game snacks to be eaten within one hour after activity.

#### **Examples of Foods:**

- ½ Submarine sandwich on wholegrain bread
- Quesadillas (melted cheese with whole grain tortilla)
- Chips and bean dip
- Fresh fruit with nut butter or cheese
- Yogurt with granola

### **After Game Fluids:**

Choose the same types of fluids as before the game, using sports drinks, such as Gatorade only if kids have been sweating heavily. Post-game fluids of 2-3 cups should be consumed within 1 hour after the sport.

#### **Examples of Fluids:**

- 100% Fruit juice
- Water
- Sports Drinks (Gatorade)