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