




# HEALTHY FUEL FOR HEALTHY ATHLETES


## BEFORE

### 3+ hours before

 Healthy snack or meal that includes carbohydrates to **fuel muscles**. The best carbohydrates are **fruits, vegetables and whole grains**.


 Water

### 30-60 minutes before

 Fruit, like bananas, clementines or apples

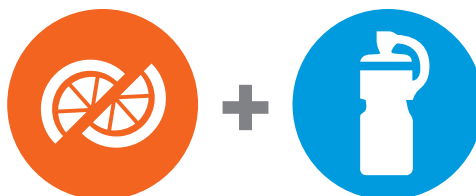
 Water

Ideas for 3+ hours before:

-  Tuna or turkey sandwich with carrot sticks
- Nut butter sandwich with grapes
- Low-fat cream cheese and peppers or cucumbers on whole-wheat bagel
- Hard boiled or scrambled eggs and whole wheat toast with melon slices

## DURING


### Halftime or during practice



Fruit or vegetable, if needed

Water

Ideas for halftime or during practice:

-  Oranges, apple slices, melon, grapes, sugar snap peas, pepper strips

## AFTER


### Recovery / cool down



Healthy meal or snack about an hour after play

Water is enough to replenish sweat losses - sports drinks aren't needed

Ideas for recovery:

-  Fruit smoothie
- Hummus and carrots or celery sticks
- Yogurt and banana or granola

Save the treats for a special occasion. Instead, have healthy foods that will replenish muscles and help you stay energized for your next game!

## DID YOU KNOW?

Heavy foods- like donuts, pizza, or French fries - will really slow you down. They take a long time to digest, using energy your muscles need to move your body. To get the energy you need to play your best, fuel-up on foods listed under "Before."

## Tournament Days or Back-to-Back Play:



**Less than 1 hour before the next game?** Have a fruit or vegetable snack, like a banana, apple, or carrot sticks.



**2 hours or more between games?** Have a healthy snack or meal that includes carbohydrates (fruit with nut butter, vegetables or whole grains).