

• FUELING YOUR GAME •

EAT WELL, PLAY HARD!



DID YOU KNOW?

Carbohydrates and protein are important foods for athletes. Carbohydrates are the "fuel" your muscles need to work, and protein helps repair your muscles after a hard game.

You should eat pre-game snacks 1-3 hours before a game or practice, and post-game snacks after you finish playing.



PRE-GAME SNACKS

- Greek yogurt with berries, nuts, or granola
- Smoothies with fruit and low-fat yogurt
- Oatmeal with low-fat milk and fruit
- Apple and peanut or almond butter
- Handful of nuts and raisins
- ½ bagel with cream cheese
- English muffin with lean deli meat and reduced-fat cheese



POST-GAME SNACKS

- Apples, oranges, bananas, or carrots
- Trail mix
- Low-fat cheese sticks and whole grain crackers
- Raisins
- Applesauce packs
- Low salt/butter popcorn
- Whole grain pretzels or Gold Fish
- Granola bars (avoid ones loaded down with chocolate!)