



# Healthy Eating Tips

## Pre-game/practice meals

### Snacks –

#### 1 hour before games/practices

Fruits, including apples slices, bananas\*, grapes \*, orange wedges, strawberries, fruit roll ups, graham crackers, bagels, English muffins (light on the butter/cream cheese), non or low fat yogurt, pretzels, goldfish crackers, dry roasted nuts & seeds, Jell-O, Chex Mix, flavored rice cakes, pudding in a tube\*, yogurt in a tube\*, trail Mix – Have your team bring in different items to create their own trail mix to have at tournaments, games and practices. \* Try frozen

### Small Meal –

#### 2 to 3 hours before games/practices

Veggies, low fat cottage cheese, baked potatoes, cereal with low fat milk, oatmeal, granola bars, peanut butter sandwiches, low fat soup (such as vegetable)

### Large Meal –

#### 3 to 4 hours before games/practices

Sandwiches with lean meat, pasta, boiled eggs, salad, pancakes, French toast, rice, pizza



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This information is adapted from *Coaching Principles* online course and the book *Fuel For Young Athletes* by Ann Litt from Human Kinetics Inc.



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## Drinks

*Note: Drinks containing high fructose corn syrup, fructose, corn syrup, and caffeine can contribute to dehydration!*

Water    100% fruit juice    Sports drinks

## The day before a contest

Eating and getting hydrated 24 hours prior to the big game is HUGE for an athlete to be clicking on all cylinders. Consider doing a team event like Pizza or Pasta Night or Road Show, where you'll go to a different person's house for a different portion of the meal. Not only can you ensure that your athletes are eating healthy before contests, but these activities build team chemistry with your athletes AND their parents.

The day before a game encourage athletes to drink plenty of fluid. They should always drink when thirsty, but better yet is to drink enough water that they WON'T get thirsty.

## What to eat at tournaments

Don't encourage athletes to eat large meals between games OR get hot dogs and nachos from the concession stand. DO have them take in some carbohydrates in an easily digestible form. Snacks or small meals are best during tournaments where multiple games are played in one day.

## Fast Food on the Road

- When traveling, encourage parents to pack coolers with healthy food choices.
- Stop at a nice restaurant where they have REAL hamburgers.
- Subway is a good choice for lean meat sandwiches.
- Pizza, (easy on the cheese) is another good fuel.

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