

What to Eat Before & After You Play?

Three - Four Hours Before the Game

- ◆ Pasta
- ◆ Cereals with non-fat milk
- ◆ Low fiber fruits like melons, peaches, or plums
- ◆ Bagel, bread, or English muffin
- ◆ Low-fat crackers
- ◆ Low-fat yogurt
- ◆ Baked potato



Before You Play

- ◆ Pretzels
- ◆ Crackers
- ◆ Soup
- ◆ Low fiber fruits like melons, peaches, or plums

After the Game

- ◆ Re-hydrate– drink plenty of fluids
- ◆ Replenish– include a snack, such as a banana, yogurt, bagel with jelly, or pretzels



Visit MyPyramid.gov to personalize your pyramid to help you choose the foods and amounts that are right for you.

Sources/Resources:

American Dietetic Association– www.eatright.org
North Country Hospital
U.S. Department of Food & Nutrition– www.nutrition.gov
Vermont Department of Health

This brochure was created in collaboration with North Country Hospital– Occupational Health, Nutrition Services, and Community Health Departments.

Fit & Healthy Kids O.N.E.

For more information, contact
North Country Hospital's Community Health
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Fit & Healthy Kids
O.N.E.
North Country Hospital

Energizing Active Kids

Whether you play
football or skate or
dance to music, a
balanced diet and
plenty of fluids can
help you stay in the
play.

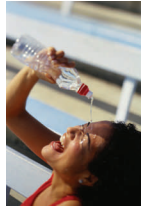


Hydration

Active kids need plenty of fluids. All children are more at risk for heat stroke because they do not produce sweat as easily as adults.

It is recommended to drink:

- ◆ 10-14oz of fluids 1-2 hours **before** the event
- ◆ 3-4oz of fluids every 15-20 minute **during** the event
- ◆ 16-24oz of fluids **after** the game



Tips to Think About:

- ◆ Always bring a bottle filled with fresh water.
- ◆ Bring a cooler of cold water and sports drinks to the event.
- ◆ Talk to your coach about “fluid breaks” during the event.

Warning Signs of Dehydration:

Headache Muscle cramps
Nausea/Dizziness Fatigue
Dark colored urine
Decreased stamina, speed, energy, muscle strength

Choosing the Right Fluids

Water

Convenient, economical, and refreshing. It is recommended to drink 8 - 8oz glasses of water a day, more if outdoors or active.

Sports Drinks

Most sport drinks contain a combination of water, lots of sugar, and electrolytes. Children can get plenty of fluids from drinking cold water. If you participate in all-day events or activities lasting longer than 90 minutes, sports drinks may give you an extra boost.



100% Fruit Juice

Fruit juice is an okay choice before and after an event but it is not the best option during the activity. Fruit juices contain a lot of sugar and they may cause you to have an upset stomach. For a change, try mixing a cup of 100% fruit juice with a cup of water.

Forget the Fizz!

Regular soft drinks are rich in sugar (10-12 teaspoons of sugar per 12 oz can). They can cause cramps, nausea, and bloating. The carbonation makes it very hard to gulp down enough of it. Many of them contain a great amount of caffeine, which increases fluid loss.

Energy Drinks

Energy drinks are different from sports drinks and they are not meant for hydration. They often contain considerable amounts of caffeine and sugar.

Make sure that you drink something before, during, and after your game or activity even if you do not feel thirsty.

Quick Snacks For the Road

- Carrot sticks or other fresh vegetables
- Dried fruits and nuts
- Granola or cereal bars
- Dry cereals
- Animal crackers
- Graham crackers with peanut butter
- Rice cakes
- Yogurt
- Cheese sticks
- Fresh fruit
- 100% fruit or vegetable juice