

## POST-GAME SNACK IDEAS

After games, your child requires critical nutrients to replenish his or her body. Your son or daughter utilizes key nutrients to move and perform in his or her sport. The key nutrients are:

- Carbohydrates
  - The body uses glucose as energy for the muscles throughout the entire body. All carbohydrates consumed turn into glucose as energy. When the body does not need energy at the moment, the body converts glucose into glycogen to store in the muscles and other tissues. The body uses these glycogen stores as energy during games. Right after games, all athletes need a good source of carbohydrate to replenish these glycogen stores.
- Protein
  - Protein is used in the muscles. During games, your child is using, stretching, and strengthening his or her muscles. Some protein in his or her post-game snack is necessary to help his or her muscles maintain at their optimal strength and flexibility. Although it may not appear to use muscles, running events (such as soccer and track) need protein after games for muscle health.
- Fluid
  - Children sweat during games and practices. The body uses its water to help the blood cells bring oxygen to the muscles. Typically, an athlete in need of fluid after games will be panting, short of breath, and say, “I’m thirsty!” As part of your child’s snack after games, provide plenty of water or Gatorade to keep him or her hydrated and healthy for the rest of the day.

### WHAT TO BRING FOR SNACKS:

Fruit (dried or fresh)	Provides excellent carbohydrate. Some fresh fruit also have tons of water, providing plenty of fluid.
Peanut Butter	Excellent protein. Pairs well with carbohydrates.
Half Sandwiches (whole grain)	Meat and cheese provide protein while whole grain bread provides carbs. A PB & J is another great sandwich option.
Yogurts (as parfaits or frozen yogurt tubes)	Good protein and vitamin A & D.
Fruit/Cheese Kabobs	Easy-to-make with sources of carbs and protein.
Trail Mix	Nuts, yogurt chips, and a tiny bit of chocolate for a treat.
Cereal Bars	Variety of flavors provides carbs and protein.

Although cookies, doughnuts, candy, chips, and high sugary drinks (like pop and Capri Sun) are tempting, the above examples are much better for your child’s active body. Make sure to follow any allergies and communicate with other parents to provide variety! Be creative. Adding shapes and designs can go a long way, even for fruits and veggies.