

FUEL UP FOR GAME DAY

Eating and drinking right are just as important as improving skills and practicing plays to be successful on the field.

Get your child ready for game day with some simple nutrition tips:

STEP 1 – CARB UP

Have your child eat a bigger meal two to four hours before he or she takes the field.

Incorporate protein and antioxidants, if possible, with carbohydrates.

STEP 2 – SNACK ATTACK

30 to 60 minutes before kickoff, have a small snack or sports drink ready for your child.

The key is to not fill your child's stomach, but to satisfy it.

3 KINDS OF FOODS TO AVOID

Fatty and fried foods. Greasy foods such as hamburgers and French fries are hard to digest and just sit in your child's stomach as he or she runs around.

Protein shakes and bars. Protein plays an important role in your child's overall diet, but they should not consume a large quantity right before a game.

Artificial sweeteners. These will stress your child's digestion, and the last thing anyone wants before a big game is an upset stomach.

Get the scoop on protein shakes.



PRO TIP:

Try a pasta dish with some lean ground turkey meat sauce, or a chicken stir-fry with lots of rice and veggies.

3 QUICK TIPS

Never skip. We are all rushed on game day, but having your child grab a yogurt, banana, or bowl of cereal before heading out the door will kick off the day off right.

Colorful plates. Foods that offer a variety of nutrients help with both performance and recovery.

Carb up. Kids burn through energy much faster than adults, so an abundance of carbohydrates is OK.

