



Healthy Team Snacks

Whole Fruit:

- Bananas
- Apples
- Clementines
- Pears
- Peaches or nectarines
- Plums

Cut Fruit:

- Orange slices
- Watermelon cut into wedges or sticks
- Fruit kebabs made with grapes, melon, and strawberries
- Mango “[Hedgehogs](#)”
- Kiwi halves, served with plastic spoons for scooping

Fruits & Veggies To Go:

- Paper cups of berries
- Paper cups of cherries
- Paper cups of carrot & celery sticks
- Paper cups of pineapple chunks
- Paper cups of melon cubes or balls
- Store-bought individual bags of baby carrots
- Small bags of sliced cucumbers
- Small bags of grapes
- Small boxes of raisins

What About Sports Drinks?

What most kids need after sports is water and nutritious food. In their 2011 clinical report, the American Academy of Pediatrics says that water is “the appropriate first choice for hydration before, during, and after most exercise regimens”. For garden-variety sports practices and games, electrolytes lost through sweat can be replaced with the next snack or meal. Most bottled sports drinks contain a lot of sugar, plus artificial flavors, food dyes, and other additives. Encourage players to bring their own filled water bottle instead!