

Know About

# SPORTS AND SNACKS

## Hold the sports drinks!

Unless kids are vigorously exercising for at least 60 minutes or more, they don't need a sports drink. Fresh fruit has everything kids need to refresh after a practice or game! Serve alongside bottles of water for reenergized kids!

Many students are involved in sports to get physical activity and be healthy. Yet, they often overestimate how much energy they're actually burning during practices and games. Student athletes frequently get unhealthy food and drinks when they participate in organized sports—foods that provide far more energy than student athletes actually burn.

Two common sources of unhealthy foods are the concession stand and the snack items provided by families after games or practices. Our student athletes need healthy foods to support them in getting strong and learning new skills.



## To help the athletes on your school's sports teams fuel their body with healthy food, try out the tips below!

- Ask your child's coach to set a fruit-only snack policy and offer to help spread the word.
- Role model: Bring healthy choices when it's your turn.
  - Any fresh fruit works great as an after practice or game treat. Consider: watermelon slices, orange slices (a classic favorite!), berries, melon, pineapple chunks, cherries, or grapes.
  - No time to wash and cut up fruit? Just reach for whole fruit! For example: bananas, apples, peaches, or clementine oranges.
  - Bring bottles of water to help kids rehydrate.