

Foods and Fluids...

For Team Sports

An educational service from your School Cafeteria and the Clinton County Health Department, Nutrition Services 5/08

Backpack and Locker Snacks

- Granola and cereal bars
- Energy bars
- Dried fruit such as raisins, apricots, apples or peaches
- Dry cereal
- Pretzels
- Graham crackers and peanut butter
- Oatmeal cookies
- Fig bars
- Animal crackers
- Juice boxes

Athletes involved in team sports all know how important the team effort is in thinking and setting group goals. Is your team thinking about nutrition and fluids in helping you gain the competitive edge?

Staying Snack Smart...

Athletes usually have practice or games right after school, leaving only a few quick minutes to grab a bite. Are your team members using these

minutes to grab fast bites like candy, soda or sweets? This behavior can actually hurt performance instead of enhancing it. To stay fueled, athletes should keep better snacks accessible in backpacks, lockers or coolers. Better yet, talk with the school officials in charge of the school stores and vending and let them know you need healthier snack choices.

Cooler Fuelers

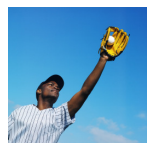
- 100% fruit juice
- Low fat/nonfat milk single-servings
- Cheese sticks
- Yogurt cups and squeeze tubes
- Pudding cups
- Fresh fruit and/or fruit cups
- Fresh veggies
- Peanut butter, turkey, ham or roast beef sandwiches

Fluids...Hydration, hydration, hydration!

Water is a key part of your body, making up about 60% of total body weight.

Dehydration can lessen energy and hurt performance

8 ounces of water every 20 minutes during the activity will keep you on track. If you are engaged in very strenuous activities for longer than 90 minutes, like running or cycling, you may want to use a commercial sports drink to replace sodium & potassium easily.



Remember fluids throughout the day.

This may be as simple as grabbing a juice first thing in the morning, then using fountains, coolers, and cafeteria beverages as triggers for drinking throughout the day.

Hydrate 2 to 3 hours before practices and competitions

Athletes should aim for at least 16 ounces (2 cups) of fluid at this time and an additional 8 ounces (1 cup) 10 to 20 minutes prior to getting into competition.

Remember to checkout your School Cafeteria for better choices in beverages!