Fueling Sport Snacks

**Game day—pre-athletic event**
1. **3-4 hours before athletic event:** Look for carbohydrate-rich snacks to top off your muscle stores. Include small amounts of protein in your pre-exercise meal. Include meal items that are low in fat and fiber.
2. **30-60 minutes before athletic event:** Think fast-acting carbohydrates for this snack. Try water, and a piece of fruit or jam sandwich.

**Game day—during athletic event**
1. Always start with a full tank and begin exercise well-hydrated and with adequate energy.
2. Focus on carbohydrate-dense foods during endurance events. Focus on sports drinks that contain electrolytes and carbohydrates.

**Game day—post-athletic event**
1. Be sure to consume protein and carbohydrates 15-30 minutes post athletic event. It is important to obtain a protein and carbohydrate rich snack. This will jumpstart RECOVERY!
2. The goal is to replace carbohydrates used during sport, provide protein to aid in repair of damaged muscles, and restore fluid and electrolytes lost in sweat.

**Game day—wrap-up**
Remember these key game day wrap-up messages:
1. Keep in mind that each athlete has unique nutrition needs.
2. Talk to a Registered Dietitian who can help develop a nutrition plan that can help your athlete.

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**Food is fuel!**
An adequate fueling routine will provide essential energy to fuel your athlete’s sport schedule. Athletes should aim for a consistent fuel intake throughout the day, including a meal 3-4 hours before activity, with timed snacks. For pre-activity, snacking helps children top off their muscle energy stores before a sporting event! A post-activity snack with ideal nutrients can assist in recovery of hard-working muscles.

**Resources:**
- Team USA Nutrition: Female Athlete [https://www.teamusa.org/nutrition](https://www.teamusa.org/nutrition)
- Sports Nutrition Care Manual [https://www.nutritioncaremanual.org/welcome?LoggedIn=true](https://www.nutritioncaremanual.org/welcome?LoggedIn=true)

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[http://ohioaap.org](http://ohioaap.org)
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Pre-activity snacks
The goal is to have a snack within 30-60 minutes before activity. Here are some great pre-activity snacks to try:

- Whole fruit
- Dried fruit
- Sweet potato
- Pretzels
- Fig bar
- Granola bar
- Whole wheat bagel
- Whole wheat jam sandwich
- Whole grain crackers
- Dry cereal
- Oatmeal
- Brown rice or whole wheat pasta

Tips
Do not eat or drink anything new on competition day. Test out a fueling routine at practice first.

Don’t forget to hydrate and rehydrate before and after activity. Aim to have your pre-activity snack with a glass of water. Rehydrate appropriately with plenty of water after activity, and be sure to remember to hydrate throughout the day!

Post-activity snacks
After activity, focus on refueling and recovering your body. You need both carbohydrates and protein to recover. Aim to consume a post-activity snack within 30-60 minutes after finishing activity. Here are some good combinations to try:

- Chocolate milk
- Greek yogurt and granola
- Turkey and cheese sandwich
- Whole fruit and nut butter
- Dried fruit and nuts
- Hard boiled egg and fruit
- String cheese and fruit
- Whole grain crackers and peanut butter or tuna
- Trail mix made with nuts and dried fruit
- Smoothie made with fresh fruit and Greek yogurt or milk
- Energy bite made with oats and peanut butter

Ohio AAP PMP Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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