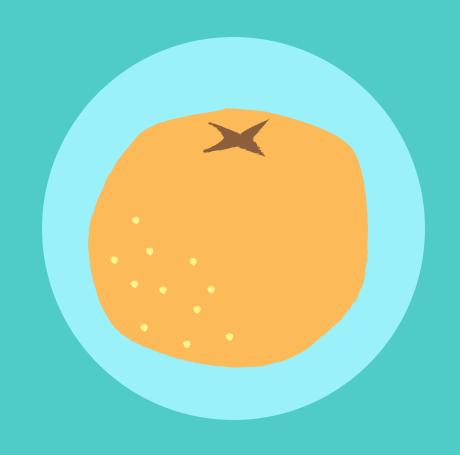
## • FUELING YOUR GAME •

# EAT WELL, PLAY HARD!







#### DID YOU KNOW?

Carbohydrates and protein are important foods for athletes.
Carbohydrates are the "fuel" your muscles need to work, and protein helps repair your muscles after a hard game.

You should eat pre-game snacks 1-3 hours before a game or practice, and post-game snacks after you finish playing.

### PRE-GAME SNACKS

- Greek yogurt with berries, nuts, or granola
- Smoothies with fruit and low-fat yogurt
- Oatmeal with low-fat milk and fruit
- Apple and peanut or almond butter
- Handful of nuts and raisins
- ½ bagel with cream cheese
- English muffin with lean deli meat and reduced-fat cheese

## POST-GAME SNACKS

- Apples, oranges, bananas, or carrots
- Trail mix
- Low-fat cheese sticks and whole grain crackers
- Raisins
- Applesauce packs
- Low salt/butter popcorn
- Whole grain pretzels or Gold Fish
- Granola bars (avoid ones loaded down with chocolate!)