

## Fueling Your Child's Active Lifestyle

Many children and teens lead very active lifestyles by participating in after-school sports and other activities. To keep their energy up and allow them to perform their best, their bodies need to be fueled with the right foods. However, it can sometimes be difficult to know what will help energize them for a game and what will slow them down.

### **Make sure your child eats before the game.**

- About three hours before their game or practice, give your child the opportunity to eat. This will allow time for the food to digest and be turned to energy, so your child will be fueled for the game, but not slowed down by feelings of fullness.
- An appropriate pre-game/ practice meal should be light and consist of a source of lean protein and carbohydrates. Some ideas for a meal include:
  - Turkey, lettuce, & tomato on whole wheat pita with a cup of non-fat milk;
  - Scrambled eggs with whole wheat toast and a glass of orange juice; or
  - Small bean burrito on a whole wheat wrap with a glass of water.

### **Ensure your child stays well hydrated.**

- Dehydration can occur when your child doesn't replace the fluid that he/she loses through sweating.
- Water is the perfect beverage to stay hydrated and doesn't have added sugars.
- Make sure your child is well hydrated before starting the activity and drinks small amounts of water throughout.



### **After, let your child refuel with a light snack.**

- Snacks should consist of a small amount of lean protein and carbohydrates to allow their body to refuel. Some ideas include:
  - Peanut butter and apple slices;
  - Granola bar; or
  - Hummus and carrot sticks.



*For more information on healthy living, visit our wellness website:*

***[nutrition.ilcreations.com](http://nutrition.ilcreations.com)***