



## **Parents and Coaches!**

My name is Lisa Bashford (*YourFitness-411*) and I am the RYS's personal 'Specialist in Sports Nutrition' (SSN). I'm very excited about having this opportunity for the second year and am ready to help you and your athletes!

Just as team sports help a child to learn life lessons, it also helps promote activity and health!  
Do you want to know another way to promote health & help your young athlete WIN at life?  
Teach them the value of food!!

RYS want to encourage parents to bring nutritious snacks for games or practices! Healthy doesn't mean boring - they can be fun too!

**\*\* Here are some healthy ideas to consider as you prepare the team snack.**

- Diced watermelon, cantaloupe or honeydew melon
- Pepperoni slices & wheat crackers
- Homemade trail mix in individuals bags (Mix raisins, almonds, granola, nuts, dried fruit and/or a few chocolate chips for fun.)
- String cheese
- Whole grain muffins
- Popcorn
- Fruit skewers (Simply slide grapes, strawberries, melons, apples - or fruit of your choice – on wooden skewers.)
- Yogurt tubes that were frozen the night before and kept in a cooler
- Applesauce in pouches (Try brands like GogoSqueeze.)
- Granola bars (Look for brands containing less sugar, more whole ingredients.)
- Half a sandwich, made with lean meat and cheese or peanut butter and honey
- Frozen grapes, kept in cooler (An all-time favorite!)
- Orange slices or clementine's
- Cut a Bagel in fourths, top with peanut butter or cream cheese
- Mini sandwiches: whole grain crackers, peanut butter, or lunch meat and cheese
- Pirate's Booty in small bags
- Pretzels
- Energy balls (mix PB, rolled oats, honey, protein powder optional & roll into balls. May Freeze)



## **CHUG-A-LUG!!**

Keeping well hydrated is critical, too. Keep in mind that the best drink to accompany these snacks is water. If you consider an alternative, read labels and seek out real fruit options that are low on added sugar. It never hurts to be choosy on what you serve young athletes. Keep them healthy on and off the field! Did you know that chocolate milk is a great recovery drink?? ☺

*NO POP!!* Also... sports drinks are not a 'healthy beverage' to drink on a daily basis. They are specifically intended for athletes to give them a boost in energy and performance. If you drink one of these beverages (Gatorade) please dilute it – it is high in sodium and intended for long endurance in hot weather.

**YourFitness-411 TIP:** *Fat takes longer to empty from the stomach; it's wise to avoid fried or high-fat foods the night before and on game day (and most other days). Eating high-fat foods can cause sluggishness because the energy they provide isn't as available as the energy from carbohydrate-rich food. Foods high in fiber, such as bran cereal, should also be avoided before exercise. Fiber can cause cramping as well as necessary bathroom visits at inconvenient times!! No athlete wants that!!*

I hope this gives you fresh ideas on what and why it's important our athletes to have healthy snack options! It will help your child recover without crashing hard after the games, feeling ill after hard play, and less grumpiness!

If you would like more information on how to feed your athlete before the games or have any questions, please contact me at [Bashford.Lisa@yahoo.com](mailto:Bashford.Lisa@yahoo.com). I love teaching parents and athletes the importance of food and the TIMING of food for better sports performance!

\*\* Find me on facebook at: [www.facebook.com/YourFitnessInfo](https://www.facebook.com/YourFitnessInfo) or Instagram at [www.instagram.com/Lisa\\_YourFitness411](https://www.instagram.com/Lisa_YourFitness411)