

Snack Time ... Fueling the Young Athlete!

Contributed by SIRC

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SIRC, Canada's Sport Information Resource Centre, works to connect sport enthusiasts with the latest resources in sport and recreation. Three ways we do this is with the Daily Press Release Service, SIRC Blog and SIRC Newsletter. Posted every Tuesday and Thursday the Blog is a way for our information specialists to keep you up to date with the latest trends and interesting "did you know's" crossing their desk on a daily basis. From paddling to concussion, the topics are always changing. Check it out to see what will be posted next by linking to the Blog from the SIRC website at www.sirc.ca

It's that time of the year when most kids are getting into the swing of their summer sport activities. For those with younger kids, introducing them to the joys of new sports is a rewarding experience. As parents, we see them run, jump and have a great time. At the end of the game there are smiles and excited chatter and the age old question: What's for snack?! So how do we satisfy their hunger and give them the nutrition their body needs? Highlights from the [SIRC Nutrition newsletter](http://www.sirc.ca/newsletters/may10/index.html) [<http://www.sirc.ca/newsletters/may10/index.html>] can provide you with answers you are looking for.

Before the game, choose foods that are high in carbohydrates and low in fat, sugar and salt. Protein can be included just keep the overall amount relatively small, as protein can be slow to digest. Suggestions:

- Yogurt smoothie
- Granola bar, yogurt and banana
- Portable fruit or fruit cup
- Turkey sandwich on whole wheat bread

At half-time, kids only need small, easily-digestible snacks at most. More important is the replenishment of fluids during the game. If a snack is necessary, suggestions include:

- Bananas (cut in half for younger kids so they can peel and eat more quickly)
- Orange slices
- Clementines (be prepared to help little ones peel)
- Grapes
- Small slices or chunks of melon
- Apple wedges (sprinkled with orange juice to prevent browning)

Post-game snacks can include carbohydrates and proteins to help kids refuel and re-energize.

Suggestions here include:

- Chocolate milk
- Fresh, frozen or dried fruit
- Granola bars or trail mix
- Fig or oatmeal cookies
- Crackers or bagels

Always have water on hand to keep their bodies hydrated and if you are providing snacks for your child's team please take into consideration allergy concerns for the other children on the team. Have a fun and healthy summer!

SIRC has compiled a few online resources for feeding and hydrating the young athlete:

Drink Up! <http://sirc.ca/newsletters/april10/index.html>

KidsHealth: Eating for Sports http://kidshealth.org/kid/stay_healthy/food/sports.html

Coaching Association of Canada: Snacks for Young Participants in Community Sports
http://www.coach.ca/admin/pdf_admin/pdf/Snacks_YoungParticipants_March08.pdf

Sport Nutrition for Active Kids <http://www.healthyalberta.com/HealthyEating/681.htm>

Healthy pre-game, half-time, and post-game snacks

http://familyfitness.about.com/od/nutrition/a/halftime_snacks.htm

Quick, healthy snacks before practice <http://www.weplay.com/sports-parents/nutrition/4-Quick-Healthy-Snacks-for-Before-Practice>