

# Fueling After School Sports

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Below are **general** guidelines around fueling for sport and it assumes you're training in the late afternoon. Please note actual needs and preferences may vary based upon individual needs and timing of training.

	Guidelines	Examples - individual needs may vary
<b>Breakfast</b>	<p>Fuels you for the day – gives your brain energy to concentrate and your body fuel to move.</p> <p>Aim for a grain with a protein and some produce.</p>	<ul style="list-style-type: none"> <li>Oatmeal + nut butter + fruit</li> <li>Bagel + peanut butter + fruit</li> <li>Bagel or English muffin+ egg + avocado</li> <li>Yogurt + berries + granola</li> <li>Bread + avocado + cheese</li> <li>Energy bar + apple + cheese stick</li> <li>Waffle + nut butter + berries</li> </ul>
<b>Lunch</b>	<p>This is your chance to fuel up for afternoon sport.</p> <p>Be sure to have a balanced meal – grain + protein + fruit and/or vegetable. Add extra starch / grains for higher energy needs.</p> <p><b>DO NOT SKIP LUNCH</b></p>	<ul style="list-style-type: none"> <li>Turkey / chicken / tuna with avocado on bread or tortilla with lettuce / tomato / onion + fruit</li> <li>Rice or tortilla with beans, chicken, and salad</li> <li>Peanut butter and jelly sandwich + yogurt or glass of milk + piece of fruit</li> <li>Pizza + salad or piece of fruit</li> <li>Hamburger on bun + salad or piece of fruit</li> <li>Yogurt + fruit + granola</li> <li>Pasta with meat sauce and green beans</li> <li>Potato / sweet potato, chicken, salad</li> </ul>
<b>Snack</b>	<p>~1 hr before training. This food gives you fast energy without feeling too full, so grains and fruits are best. May want to add a little protein / fat if having a long practice.</p> <p>Not the time for high fiber / high fat / high protein. Focus on simple carbs.</p>	<ul style="list-style-type: none"> <li>Pretzels / bread / banana + peanut butter</li> <li>Banana + nuts</li> <li>Pretzels or crackers with a little cheese or peanut butter</li> <li>Dry fruit + nuts</li> <li>Small Gatorade</li> <li>Small bowl cereal</li> <li>Date / fig bars</li> <li>Granola bar</li> <li>Bread + meat</li> </ul>
<p><b>TRAINING / RACING</b> – if training / racing over 60 minutes, plan to have a little easy to digest snack such as sports drink, dry fruit, banana, pretzels to keep the energy on board</p>		
<b>Dinner</b>	<p>The meal after training helps refuel and repair muscles so you can work harder tomorrow. Aim for balanced meal – grain + protein + vegetable / fruit.</p>	<p>(see lunch – opportunity to include more produce if desired).</p>
<b>Liquid!</b>	<p>Drink water to thirst. If “never feel thirsty” the color of urine is a helpful reminder. The darker it is, the more dehydrated you may be. It should be a light yellow (not “no” color). A few glasses of milk each day is a great way to add protein and help recover from training</p>	<p>Signs you might need a sports drink</p> <ul style="list-style-type: none"> <li>High sweat rate</li> <li>Salt on skin during / after practice</li> <li>Training over 60 minutes</li> <li>Need fast energy before or during practice</li> </ul>