



FUELING FOR AFTERSCHOOL SPORTS



Having a nutrition plan in place for afterschool sports will help ensure teen athletes are fueled to perform at their best.

Check out these easy snack ideas!

01 | FUEL-UP BEFORE YOU WORKOUT

A carbohydrate-rich pre-workout snack will provide teen athletes with the energy needed for their afterschool sports activities.

- Hand-held, energy-dense snacks that athletes can easily eat while walking from class to practice are ideal.
- Easy snack ideas before afterschool sports include:
 - Small piece of fresh fruit, applesauce squeeze pouch, dried fruit, fruit leather
 - Granola bars, cereal bars, breakfast bars
 - Pretzels, pita chips, graham crackers, dry cereal

02 | FUEL-UP + HYDRATE

Hydration is important for a teen athlete's health as well as sports performance.

Prior to the start of afterschool sports activities teen athletes should make sure to **refill their water bottles**.

To stay on top of their hydration needs during practice, athletes should aim to drink ~3-8 oz of fluid every 15-20 minutes of activity.

**~3-8 oz
of fluid**

**EVERY 15-20
MINUTES
OF ACTIVITY**



Recipe Spotlight



APPLE OAT MUFFIN



SCAN ME



Pro Tip:

Take time on the weekend to meal prep the Apple Oat Muffins to enjoy as a snack before afternoon workouts.



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FUEL YOUR GAME

Drinking a big gulp of water or sports drink is equivalent to approximately 1 ounce of fluid – so **athletes should aim for several big gulps of fluid each time they get a water break.**

03 | FUEL YOUR RECOVERY

Following afterschool sports, a well-planned snack can support teen athletes with meeting their recovery nutrition needs.

The three keys to recovery nutrition include:

REHYDRATE

Consume fluid and electrolytes to replace sweat losses

REFUEL

Consume carbohydrates to replace energy stores

REBUILD

Consume protein to build and repair muscles

04 | RECOVERY NUTRITION SNACK IDEAS

Easy recovery nutrition snacks that teen athletes can enjoy following their workout include:

- Low-Fat Chocolate Milk and Granola Bars
- Peanut Butter and Jelly Sandwich & Low-Fat Milk
- Greek Yogurt, Banana, String Cheese
- Beef Jerky, String Cheese, Pretzels, Banana
- Sliced Cheese, Ham, Whole Grain Crackers, and Grapes
- Turkey & Cheese Wrap
- Post-Workout Fruit Smoothie
- Whey Peanut Butter Protein Bites & Chocolate Milk



Pro Tip:

Did you know that chocolate milk is an ideal post-workout drink to support teen athletes with meeting their recovery nutrition needs?

Chocolate milk checks all three recovery nutrition boxes – helping athletes to rehydrate, refuel with carbohydrates, and build and repair with protein.

CHOCOLATE MILK: Ideal Recovery Nutrition Drink

- **90%** water
- **8 grams** of complete protein per cup
- **19 grams** of carbohydrates per cup
- Natural source of electrolytes



WHEY PEANUT BUTTER PROTEIN BITES

LOOKING FOR AN EASY WAY TO SUPPORT TEEN ATHLETE'S WITH MEETING THEIR RECOVERY NUTRITION NEEDS?



The Whey Peanut Butter Protein Bites are a great option – providing both carbohydrates and protein. Athletes can enjoy the protein bites with a glass of chocolate milk for a nutritious and delicious post-workout snack.



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