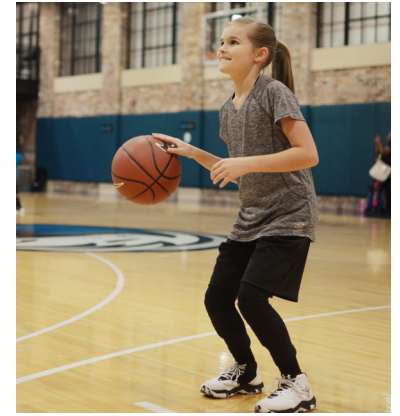


# SUMMER SPORTS CAMP

## Fueling Your Young Athlete

Summer fun has begun! As summer sports camps ramp up you can help your young athletes stay fueled and running strong. The best approach to good nutrition is planning ahead. From weekly meal and snack shopping to discussing the daily eating schedule, parents have an important role in helping young competitors establish good nutritional habits. Athletes need food that provides them energy **quickly** while they are on the go and also **sustains** them over long hours. In many cases, particularly in warm environments or with long workouts, their food needs to hydrate them at the same time.

Below are some suggestions for healthy snacks and beverages that are easy to prepare, easy to carry and provide the quick fuel and sustained energy your athletes need.



### QUICK ENERGY

**These foods contain primarily carbohydrates that fuel the brain and muscles quickly. Some have electrolytes that help replace those lost during long workouts.**

#### ***In a cooler:***

- Low-fat yogurt (*plain or with fruit*)
- Fresh fruit smoothies
- Fresh fruits (*like grapes, watermelon or apple slices*)
- Mini bottles of sports drinks (*if additional electrolytes and calories are needed*)

#### ***Without a cooler:***

- Pretzels or other salty crackers (*especially if extra sodium is needed*)
- Dried fruit (*like apples, apricots, or cherries*)
- Dry whole grain cereal (*low in fat and fiber*)
- Fresh fruit
- Low-fiber, low-fat granola bars
- Jam sandwich

### SUSTAINED ENERGY

**These foods contain carbohydrates, protein and a little fat, providing lasting fuel to the brain and muscles.**

#### ***In a cooler:***

- Turkey & cheese pita
- Turkey, tomato & hummus wrap
- Bowl of whole grain cereal & low fat milk
- Low-fat Greek yogurt topped with fruit & low-fat granola
- Hummus & whole grain crackers
- Low-fat milk or chocolate milk
- String cheese & crackers

#### ***Without a cooler:***

- Peanut butter & banana sandwich
- Crackers topped with peanut butter & a strawberry or banana slice
- Homemade trail mix (*nuts, whole grain cereal, & dried fruit*)
- Granola bars with protein
- Popcorn
- Apple & peanut butter
- Pre-packaged oatmeal packets (*if a microwave is available*) & fruit
- Pasta salad made with tomatoes, cucumbers & olives, tossed with olive oil & balsamic vinegar
- Single-serving tuna packs with whole grain crackers

### HYDRATION SNACKS

**These foods have additional water content that helps supplement water breaks and keep athletes hydrated.**

- Low-fat yogurt
- Smoothies
- Applesauce
- Chocolate milk
- Fresh fruit (*like grapes, strawberries, pineapple or peaches*)
- Fresh vegetable slices (*like carrots, celery, bell peppers or cucumbers*)



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