



# September Wellness Facts

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## Nutrition for Athletes and Others

Football...soccer...volleyball...fall sports can keep you and your child busy. Take time to provide your child with good nutrition.

1. Give your child a balanced diet every day, including breakfast.
2. Make sure they are physically active everyday, not just during their sports practice or event.
3. Make sure they have plenty of sleep. A good night's rest every night keeps the brain clicking.
4. Fast foods do not make you fast and they will not help your child perform better. Too much fast food may even put your child on the sidelines.

5. Choose healthy snacks: think variety. Good choices are foods such as fruits and vegetables, low fat crackers and low fat granola bars.

6. Give them water to drink. Fluids are important for proper hydration and water is the best choice. Be careful with fruit drinks. Look for 100% juice and avoid drinks that contain caffeine.

Enjoy the Game!



## Pre and Post Game Snacks

- Fruits and vegetables such as grapes, orange and apple slices, baby carrots, and celery sticks.
- Pretzels
- Dried fruits such as raisins, apricots, cranberries, and banana chips.
- Trail mix with soy or peanuts, dry cereal, dried fruit and a few chocolate chips.
- Popcorn
- Low fat granola bars
- Low fat crackers and peanut butter
- Yogurt
- Healthy quick breads and muffins
- Cheese sticks or cubes

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