

Healthy Snacking for Athletes

Hydration

Teens are at an increased risk for overheating and dehydration

Drink fluids before, during, and after physical activity

- **1-2 hr before activity:** 12-22 ounces water
- **15 min before activity:** 10-20 ounces water
- **During activity:** 4-6 ounces every 15 min.
- **After activity:** 16-24 ounces water

Water is all that is needed by athletes for activities fewer than 60 minutes.

Sports drinks can help replace electrolytes and carbohydrates in activities lasting 60 minutes or longer.

Healthy Bones

Growing young athletes need calcium and vitamin D for strong bones and growth.

Include foods rich in calcium in your diet throughout the day:

- Low-fat milk
- cheese
- low-fat yogurt
- calcium enriched orange juice
- broccoli
- salmon
- cottage cheese
- ice cream
- frozen yogurt

Protein

- Protein helps build, maintain and repair muscle and other body tissues.
- Younger children and teens need protein for growth and development.
- Excessive protein in the diet converts to fat and is unnecessary.
- Diets high in protein can cause dehydration and can be harmful to your health.

Protein Fruit Smoothie (20gm protein)

- 1 cup fresh or frozen fruit
- 6 ounce vanilla or flavored Greek yogurt
- ½ cup milk
- Blend all ingredients until smooth. Enjoy!

Easy Breakfast

- 2Tbsp peanut butter on a
- Whole grain English muffin (12g protein)
- with 1 cup milk and 1 package of Carnation Breakfast Essentials® (13g protein)

Protein Packed Sandwich (33g protein)

- 2 ounces turkey with 1 ounce cheese on 2 slices of high protein bread

After school snack:

- 2 ounces cheese, wheat crackers, 1 cup milk (22g protein)

Power Frappe

- 12 ounces milk, 1 package of Carnation Breakfast Essentials®, 1 cup ice cream (22g protein)



Winchester Hospital

A member of Lahey Health

Outpatient Nutrition Services

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Combine:

One of these Carbohydrates	with	One of these Proteins
1 piece of fresh fruit (medium size apple, orange, nectarine, pear, plum, peach, kiwi, small banana, ½ mango or grapefruit, 12-15 grapes or cherries)		¼ cup unsalted nuts (almonds, peanuts, walnuts, cashews, pecans, pistachios)
1 cup fresh melon (cantaloupe, honeydew, watermelon)		1 piece of low-fat string cheese
1 cup fresh raw vegetables (baby carrots, celery, peppers, cucumbers etc.)		½ cup of hummus
1 cup fresh or frozen unsweetened berries (strawberries, blueberries, blackberries, etc.)		1 cup plain or low-fat yogurt (look for varieties with less added sugar or Greek yogurt with extra protein)
4-6 whole grain crackers		1 tablespoon peanut butter or almond butter
1 whole wheat English muffin, 1 mini wheat bagel or ½ of a larger bagel, wheat pita or wrap		1 cup skim or 1% milk, cheese, cream cheese, or sliced turkey



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