

QuickFit soccer goals

EXPERTS' TIPS FOR SOCCER SUCCESS



HEALTHY GAME-DAY SNACKS

Making healthy choices between meals is just as important as eating three well-balanced meals each day. On game day, remember to eat healthy snacks and bring lots of water to the soccer field. Check out these suggestions from Julie Paul, registered dietitian, from WakeMed's Pediatric Diabetes Program.

› Before You Play

Don't start on an empty stomach. Eat snacks rich in vitamins, minerals and carbohydrates before the game, like these:

- Bagel with peanut butter or cream cheese
- Snack mix with whole grain cereal, pretzels, raisins and peanuts
- Fruit smoothies with frozen fruit and yogurt
- Yogurt with granola and fruit
- Celery with peanut butter and raisins
- Milkshakes using fresh or frozen fruit, milk and ice
- Sandwiches with lean meats and whole wheat breads
- Fresh fruit
- Cereal with milk
- Dried fruit
- Cheese and crackers
- Baked potato (add broccoli if you like)
- Raw veggies
- Granola bars

› Cooler Cravings

Pack these snacks in a cooler for the team, and refuel together after the game.

- Chilled fresh fruit
- Yogurt cups
- Pudding cups
- String cheese
- Mini peanut butter sandwiches
- Water

Check out the QuickFit Soccer Goals handout, *Making Healthy Choices on the Road*, for more healthy snack ideas.

QuickFit Soccer Goals offers players and parents expert information on how to improve performance and prevent injury during play. With tips from our team of WakeMed sports medicine physicians, therapists and nutritionists, players learn what it takes to perform their best while playing it safe.

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