

NUTRITION BITS AND BITES

Fueling for Sport Activities



Do kids need a Sports Drink?

Little athletes need to drink plenty of fluids before, during and after exercise to help with performance and concentration:

- Sports Drinks can help restore electrolytes and energy after exercising in the hot summer heat or participating in activities that are longer than 90 minutes
- Children in recreational activities and sports **do not** need the extra sugar from a sports drink
- Water or a homemade sports drink will provide the hydration needed during or after exercise

Homemade Sports Drink

1 cup of water
¼ cup of any flavored juice
Pinch of salt

Food for Fuel

Good nutrition for little athletes helps:

- ✓ Prevent injuries
- ✓ Improve performance
- ✓ Improves strength and endurance
- ✓ Feel more energetic and less tired

• Before Activities

- 3-4 Hours Prior
 - ✓ Eat a full meal including whole grains, protein and vegetables to prevent upset stomach and have extended energy for the activity
- 1-2 Hours Prior
 - ✓ Have a small snack to allow for digestion and provide quick energy to perform your best

• During Activities

- If activities are longer than 60 minutes it is recommended to have an easy to digest, small snack
- Small piece of fruit, apple sauce, a couple energy bites (recipe on next page)

• After Activities

- Have a snack with carbohydrates and protein 30 minutes after activity to help restore energy and repair muscles
- Try a smoothie, nuts or nut butter and fruit, yogurt and granola, crackers and canned tuna

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

No Bake Energy Bites

Easy grab and go energy source to take on the run

Ingredients:

- ½ cup quick or rolled oats
- ½ cup rice krispies
- ¼ cup ground flax
- 2 tbsp hemp hearts
- 2 tbsp slivered almonds
- 2 tbsp dried cranberries or raisins
- sprinkle ground cinnamon (optional)
- ½ cup peanut butter (nut butter)
- 2 tbsp maple syrup or honey
- 1 tsp vanilla



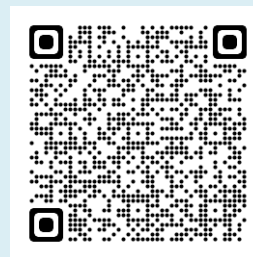
Instructions:

- In a medium mixing bowl combine: quick or rolled oats, rice krispies, ground flax, hemp hearts, slivered almonds, dried cranberries/raisins, sprinkle cinnamon (optional)
- Add in softened nut butter (room temperature works fine), maple syrup or honey, and one tsp of vanilla (or more if you like vanilla). Mix until well combined (using your hands works best)
- Form into balls (using an ice cream scoop usually makes consistent size balls). Makes 10-12 balls. Refrigerate or freeze in an airtight container.

Kids can help by:

- ✓ Mixing ingredients together
- ✓ Rolling into balls
- ✓ Older kids can measure ingredients

Want more tips for sport nutrition? Scan the QR code for more info.



** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257

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