

GSSA Snack Recommendations

- 1 child in 4 is obese.
- Nearly 50% of obese adolescents remain obese as adults.
- In the last 20 years, Type II diabetes mellitus has increased 10 fold.
- By the age of 12, an estimated 70% of our children have developed the beginning stages of hardening of the arteries.
- Sugar consumption has gone up from the recommended 10% to 30% of total calories.
- Less than 7% of all children and adolescents consume less than the recommended 3 servings of vegetables/ day.

The average snack after a soccer game is “calorically over-compensating” and “nutritionally under-nourishing”.

The **purpose of a snack** after a game is to replace glycogen that was depleted from the muscles. The younger ages may not even need one as their games are not as intense as the older ages. However, re-hydrating with **water** is necessary for all.

Half-time – Are snacks necessary?

No, because the total game time is not an endurance event exceeding 90 minutes.

Guidelines for snacks after soccer games:

- 100 – 200 calories of carbohydrate within ½ hour after a game
- Choose a snack with high fiber, limited added sugars, and whole grains

Suggestions: Choose 1.

- fruit would be an excellent choice—1 cup grapes, berries, or melon, a sliced apple, pear, orange or peach, a small banana, ¼ cup raisins, 1 cup canned, unsweetened fruit
- 1 oz. whole grain Gold Fish crackers, 7 Triscuit crackers, 18 All-Bran Multi-grain crackers, 1 Pepperidge Farm 100% whole wheat mini bagel, Kellogg’s Fiber Plus granola bar (120 calories), Quaker granola bar with fiber & omega-3’s (150 calories)
- 4 - 6 oz. low fat or non fat yogurt

Within 1-4 hours, player should eat a high-carbohydrate, meal with some protein and fat.

Hydration -- Which fluid is best?

Water is best. Sports drinks can offer some benefit to activities lasting more than 60- 90 minutes, or if the activity is taking place in hot, humid conditions. Aim to drink fluids on a schedule.

Fruit juice and soft drinks should not be used during games. They provide 10-15% carbohydrate, and thus very concentrated in sugar. So they take longer to absorb, which could result in cramps, nausea, or diarrhea. Carbonation makes one feel full and may make your throat burn.

Recommended Fluid Schedule:

<u>When to drink</u>	<u>How much</u>
2 hours before activity	2 cups (and plenty with meals)
15 minutes before activity	1-2 cups
Every 15 minutes during activity	½ -1 cup
After activity	3 cups for each pound of body weight lost

Source: Christine A. Rosenbloom, ed., Sports Nutrition: A Guide for the Professional Working with Active People (Chicago: American Dietetic Association, 2000).

Is a special meal necessary before a game?

A player should eat a **healthy** meal before a game—including at least 3 of the food groups. That means a whole grain or high-fiber carbohydrate source, plenty of vegetables, some protein and non-fat milk 3-4 hours before a game. If he still needs something a little later, try some fruit about 30 minutes before the game. But it is important to eat healthy meals almost all of the time.

“Carbo-loading” isn’t advised for kids. A wiser move is to eat a low-fat, high-carbohydrate meal a few hours before vigorous activity.

Should milk be avoided with pre-game meals?

It is not necessary to avoid milk unless a child has a milk allergy or if it poses problems with asthma or during a cold.

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