



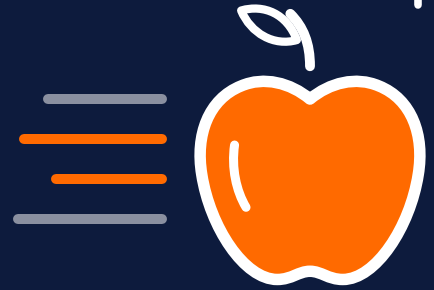
• LEARN IT IN 2 MINUTES

FUEL FOR ACTIVE DAYS

A PlayWell Quick Guide

FUEL BEFORE. PACK FOR THE DAY. REFUEL AFTER.

Simple food basics for practices, games, workouts, races, tournaments, and active days.



01 FUEL BEFORE

BEFORE

START WITH FAMILIAR FOOD.

Food helps provide energy for an active day.



IF YOU HAVE TIME
Eat a regular meal earlier.



CLOSER TO ACTIVITY
Keep it smaller and familiar if you need a snack.

KEEP IT SIMPLE.

Choose foods that provide energy and sit well with you.

EXAMPLES, NOT REQUIRED FOODS



FRUIT



TOAST OR BAGEL



CRACKERS OR PRETZELS



YOGURT OR MILK
when kept cold



CEREAL



SANDWICH OR WRAP



RICE, POTATOES, OR PASTA



NUT OR SEED BUTTER
where appropriate



YOUR BODY. YOUR COMFORT.

Big, heavy, or unfamiliar meals close to activity can upset some stomachs.



TEST NEW FOODS ON A REGULAR PRACTICE DAY, NOT AN IMPORTANT GAME, RACE, OR TOURNAMENT DAY.

02 PACK FOR THE DAY

ALL DAY

LONG DAY? BRING MORE THAN ONE SNACK.

For tournaments, repeated games, long practices, runs, races, or all-day events, plan ahead.



EASY ENERGY

fruit, crackers, pretzels, cereal, bagel

+



MEAL OPTION

sandwich, wrap, or another familiar meal

+



PROTEIN-CONTAINING OPTION

yogurt, cheese, milk, eggs, beans, nut or seed butter where appropriate

+



WATER + REFILL PLAN

+



COOLER + ICE

for foods that need to stay cold



PLAN FOR THE NEXT MEAL, NOT JUST THE NEXT WHISTLE.

03 DURING ACTIVITY

DURING

• QUICK CHECK

DO YOU NEED TO EAT WHILE YOU PLAY?

For many shorter activities, normal meals, snacks, and water are enough.

FOOD DURING ACTIVITY CAN BECOME MORE USEFUL WHEN YOU ARE



ACTIVE FOR A LONG TIME



DOING ENDURANCE ACTIVITY



PLAYING SEVERAL GAMES IN ONE DAY



RETURNING AFTER A SHORT BREAK



FAR FROM YOUR NEXT MEAL

Choose portable foods you already know you tolerate.

SPECIAL SPORTS PRODUCTS?

Sports drinks, gels, chews, shakes, and bars can be convenient in some situations. They are not required for every activity.

04 REFUEL AFTER

AFTER

- REFUEL →
- REHYDRATE →
- RECOVER

After activity, eat and drink when you can. A regular meal works.

If a meal is not available yet, a familiar snack can help bridge the gap.

A meal or snack can include carbohydrate-containing food plus a protein-containing food.

SIMPLE AFTER-ACTIVITY IDEAS



SANDWICH + FRUIT



RICE OR POTATOES +
 beans, eggs, chicken, tofu, or another protein food



BAGEL + NUT OR SEED BUTTER
 where appropriate

EXAMPLES, NOT PRESCRIPTIONS



YOGURT + CEREAL OR FRUIT



CRACKERS + CHEESE



LEFTOVERS PACKED SAFELY

ANOTHER GAME, WORKOUT, OR EVENT SOON? > MAKE FOOD AND FLUIDS A PRIORITY BETWEEN EFFORTS.

05 KEEP IT SAFE.

Outdoor food safety matters.

OUTDOORS


 KEEP COLD FOOD AT
40°F OR BELOW


 USE
ICE OR FROZEN GEL PACKS


 KEEP
HANDS AND UTENSILS CLEAN


PERISHABLE FOOD LEFT OUT?


MORE THAN 2 HOURS
 **DISCARD IT**


ABOVE 90°F?
MORE THAN 1 HOUR
 **DISCARD IT**

06 FOOD FIRST.

EVERY DAY

YOU DO NOT NEED A SUPPLEMENT TO HAVE AN ACTIVE DAY.

Most people can meet everyday activity needs with meals, snacks, and fluids.

BE CAUTIOUS WITH

- PERFORMANCE SUPPLEMENTS
- PRE-WORKOUT PRODUCTS
- ENERGY DRINKS


FOR CHILDREN & TEENS

ENERGY DRINKS ARE NOT ROUTINE SPORTS FUEL.

Talk with a qualified healthcare professional or registered dietitian before using performance supplements.

GO DEEPER

WANT TO LEARN MORE?

Explore the expert resources that informed this guide.

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AMERICAN ACADEMY
OF PEDIATRICS
HealthyChildren.org
Sports Nutrition for Busy Families
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U.S. FOOD & DRUG
ADMINISTRATION
Handling Food Safely
While Eating Outdoors

