

power^{UP}

SPORTS
NUTRITION



PLAYBOOK
FOR KIDS

 HealthPartners

Lakeview Health Foundation
Lakeview Hospital
Stillwater Medical Group
Amery Hospital & Clinic
Hudson Hospital & Clinic
Westfields Hospital & Clinic

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SPORTS NUTRITION PLAYBOOK FOR KIDS

Active kids need the right fuel to help them **PowerUp**. The same foods kids eat to fuel their body, fuels their activity. So make sure kids **PowerUp** with plenty of the good stuff every day.

How much fuel do kids (ages 6-12) need?

To help support growth and regular activity at this age, kids need:

- 1,600 to 2,000 calories per day
- Active kids may need an extra 500 to 750 calories per day

When kids **PowerUp** their MEALS & SNACKS they will perform better and feel better – both on and off the field.



Here's how Chomp fuels up so he can **PowerUp** all day!



PowerUp
with the good
stuff — water
and milk!



FIVE Fruits and Vegetables!

Fuel up on lots of colorful fruits and veggies at meals and snacks.



FOUR Colors or more.

Fill your plate with colorful fruits and veggies.



THREE MEALS every day.

Kids need 3 MEALS and a couple of snacks a day to fuel their energy and help keep their focus.

- Include protein at each meal and snack
- Choose whole grains



TWO HOURS of SCREEN TIME... or less each day.

Unplug and get active.



ONE hour of PLAY!

Be active and play every day.



ZERO Sugary Drinks!

Water and milk powers kids up, sugary drinks crashes their energy.

- Pour up milk at meals
- Drink water throughout the day, plus before, during and after practice, games or any active play.



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For more information about Sports Nutrition for Kids please contact **PowerUp** at info@powerupforkids.org



POWER YOUR PLATE FOR SPORTS

FRUITS + VEGGIES

Try for 5 a day

WHY 5? Fruits and veggies boost your energy, your mood and help defend and protect the health of your body! They power you up with carbohydrates, for energy and lots of other important stuff.

FRUIT

Eat 2 cups or more (about 2-3 pieces)

VEGETABLES

Eat 3 cups or more

What counts?

All fresh, frozen, canned, dried, crunch-dried fruits and veggies

What about 100% juice?

A little is okay, but keep it to 4 ounces or less a day

MEAT+BEANS

(OR "PROTEIN" GROUP)

Try for 4-6 ounces a day

WHY? These foods give your body high quality protein to help maintain and repair muscle.

What counts as an ounce?

- 1 ounce of meat, chicken, turkey, pork, fish
- ½ cup of beans
- 1 egg
- 1½ ounces of nuts/seeds (about a handful) OR 2 tablespoons of nut butter

TIP: Milk, yogurt and cheese are also good sources of protein

GRAINS

Try for 6 (ounces) or more a day

WHY? They have carbohydrates, which gives your body and brain the energy it needs to be active and think better. They also have fiber, B vitamins, iron and magnesium.

GO FOR WHOLE GRAINS! What counts as an ounce? 1 slice of whole-wheat bread or ½ cup of pasta, whole grain cereals, oatmeal, brown rice, wild rice or quinoa



MILK

Go for 3-4 cups a day

WHY? Milk, along with cheese and yogurt have protein, calcium, and are often fortified with Vitamin D, which are important for strong bones and teeth.

What counts as a cup?

- 1 cup of milk or yogurt
- 1 ounce of cheese

CARBO BOOST



Carbohydrates =
(or “carbs” for short)
boost your energy!

Most sports and activities require bursts of energy, and eating good carbs gives you that. Choose the best carbs from foods like:

- Whole grains (cereals, pasta, quinoa, brown or wild rice, crackers and bread)
- Fruit
- Starchy vegetables like corn, peas, squash and potatoes
- Milk and yogurt

POWER OF PROTEIN



Protein = helps to
build and maintain
strong kids!

The right amount of protein helps kids grow strong, but eating more is not always better. Try eating about 4-6 ounces of protein a day and 3-4 cups of milk. Find protein in things like:

- Meat, chicken, fish, turkey
- Eggs
- Dairy (milk, yogurt, cheese)
- Peanut butter and other nut butters
- Nuts/seeds/soy
- Beans

WHAT ABOUT THE FAT



Healthy fats =
give kids important
nutrients to help
them grow!

A little bit at each meal is a good thing. Choose healthy fats!
Fat plays an important role in kids’ diets. Choose fats like:

- Healthy oils (olive oil, canola oil, etc.)
- Nuts/seeds
- Olives
- Avocados

SPLISH-SPLASH, fill up your glass

PowerUp with the good stuff – milk and water!

Water is the best way to hydrate and cool down when being active! Even being a little bit dehydrated (aka - low on water) makes you feel tired and affects performance. So Drink up!



Water – helps fuel performance!

Did you know... a child can lose up to 2 cups of fluid per hour when being active?



MOUTH-WATERING MILK

Milk is more than a drink. It's a food group and it's full of energy-boosting, body growing nutrients that kids need, like protein, calcium and vitamin D. It's recommended kids get at least 3-4 cups a day.



WAY COOL WATER

Everybody needs water! In fact, more than half of our body is made of water. We lose water every day by being active, sweating, digesting food and even sitting around! So, it only makes sense that water would be the best choice to fill up and hydrate throughout the day, right?

Parents and Coaches: Kids tend to have a poor sense of thirst. So it's important for you to remind them to drink plenty of water before, during and after practice, games or any kind of active play.

H2O Rules

Before a game or practice: American College of Sports Medicine recommends kids drink 16 ounces (2 cups) of water about 2 hours before.

During activity Pediatricians recommend:

- 2 kid-size gulps (about 5 ounces) of water every 20 minutes (for a 88-pound child)
- About 8 ounces of water every 20 minutes (for a 130 pound child)

DRINK MORE WATER



Drink Up! At least 6 Cups of Water a day – that's what the American Academy of Pediatrics (AAP) recommends for kids.



What about sports drinks?
How do they fit? or DO they?

AVOID THE SUGAR CRASH!

SUGARY DRINKS (AND FOODS) ARE NOT SO SWEET, WHEN IT COMES TO BOOSTING ENERGY

– they may sound good, but they can CRASH your energy.

Drinking sugary drinks (like soda, fruit drinks, sweet teas, sports drinks) and eating sugary foods (candy, cookies, etc.) zaps your energy in about 30 minutes. This is what is often referred to as the “Sugar Crash”!


THE SCOOP ON SPORTS DRINKS

For games or practices with more than 1-2 hours of activity (or in really hot weather) 8-12 ounces of a sports drink (like Gatorade® or Powerade®) may be ok (in addition to the water). Other than that, there is no need for kids to drink sports drinks.

After a big game or long practice kids may need to refuel. Drinking low-fat chocolate milk is better than a sports drink because it has the right combination of carbs and protein. It also has fluid and electrolytes to help restore what they lose in sweat. Be sure to drink extra water too! Remember, kids don’t usually need snacks or “treats” after regular games and practices, just water will do.

ENERGY DRINKS AND KIDS DON’T MIX!


American Academy of Pediatrics agrees: Energy drinks play no role in a child’s diet - on or off the field. They’re loaded with sugar and caffeine.



“Sugary drinks contain nothing but sugar, calories and artificial ingredients. They drain your energy, are bad for your health and can wreck your teeth. I recommend kids drink water and milk and skip the sugary drinks.”

– Brian Cress, MD

PRE & POST GAME MEALS AND SNACKS



Pre-game is an important time to fuel kids up with plenty of water and a good balance of carbo-boosting foods like fruits, veggies, whole grains and milk. Kids' bodies just run and perform much better when they are well hydrated and fed. Smaller, more frequent meals help to keep their energy up throughout the day and for the big game!

WHAT MAKES UP A MEAL OR SNACK?

A typical meal consists of 3-5 foods, and a snack is 1-3 foods. Offer water or milk to drink.

PRE-GAME PLAN


Carbohydrates digest quickly and give you energy, which is why they are important before games.

TIMING:

Eat 1-3 hours before practice or game time.

POWERUP KIDS' PLATES WITH:

- A mix of fruits and veggies
- + 1-2 whole grains
- + 1-2 ounces protein
- milk or water



Allergy Alert: If your child is allergic to peanuts or tree nuts, try sunflower butter.



no-bake energy bites

These delicious little energy bites are the perfect healthy snack that anyone can make!

INGREDIENTS:

- 1 cup old fashioned oats
- 1/2 cup peanut butter, almond butter or sunflower seed butter
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup dried fruit
- 1/3 cup honey
- 2/3 cup toasted coconut flakes (optional)
- 1 tsp. vanilla extract

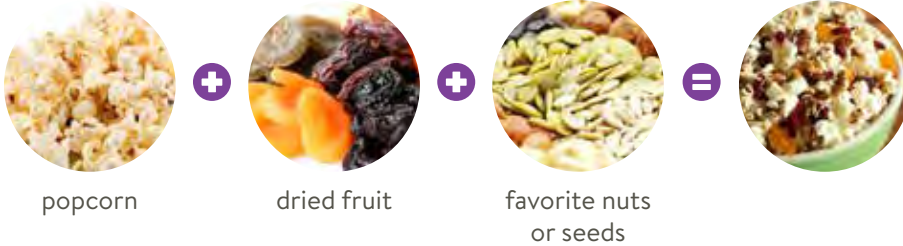
DIRECTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls about 1" in diameter. Store in an airtight container and keep refrigerated for up to 1 week. Makes 20-25 bites.

PRE OR POST GAME SNACK IDEAS

POST GAME!

Popcorn trail mix



Power parfait



Other ideas

- Chocolate Milk + Banana
- Orange sections + string cheese
- Granola bar (with dried fruit, nuts, whole- grains) + milk
- Apples and Celery + Nut Butter
- Cheese (1-2 ounces natural or ¼-½ cup cottage cheese) + Crackers (whole-grain)



After a big game or long practice kids need to rehydrate and may need to refuel. Rehydrate with lots of water, not sports drinks. Drinking low-fat chocolate milk along with water is actually a good way to refuel because it has the right combination of carbs and protein. It also has fluid and eletrolytes to help restore what they lose in sweat.

Kids may win the game, but end up losing out if their post-game (practice) snack is filled with highly processed foods and sugar!



POST GAME TREATS Q&A?

Q: Do kids really need a “treat” or snack after every game or practice?

A: **Not usually.** For most practices and games, regular meals and snacks are enough. Water is a must to rehydrate. If a snack is needed be sure to offer a **PowerUp** snack instead of sugary drinks and treats.



PowerUp Sports Nutrition

MEAL IDEAS



BLAST OFF WITH A MORNING BOOST!

Bagel banana Smiles



+



+



=



bananas

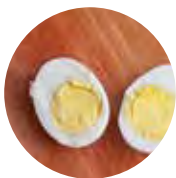
whole-grain
bagels

nut butter

Green egg and toast



+



+



=



avocado

hard-boiled
egg

whole-grain
toast

Breakfast is key to getting kids fired up for school, sports and moving for the day. For kids who don't typically eat breakfast or like "breakfast-type" foods keep it simple. Try foods like:

- String cheese (or other natural cheese) + whole grain crackers + pear slices
- Left-overs from the night before

Fruity Breakfast Ideas - FUN, QUICK + EASY!



Fruity Pan-Cake Kabobs
+ Turkey bacon + milk



Green Pineapple
Smoothie
+ whole grain toast



Blueberry Refrigerator
Oatmeal + milk



Mix-and-match lunches!

Kids, pick one or more foods from each group to create a power-packed lunch.
Enjoy with water or milk.

Veggie	Fruit	Protein	Whole grain
Asparagus	Apple slices	Cheese	Bagel
Beets	Applesauce (unsweetened)	Chicken	Bread
Black beans	Apricots	Cottage cheese	Brown rice
Broccoli	Avocado	Hard-boiled egg	Cereal
Carrot sticks	Banana	Hummus	Crackers
Celery sticks	Berries	Nuts	Oatmeal
Cherry tomatoes	Cantaloupe slices	Nut butter	Pasta
Corn	Cherries	Soy	Pita pocket
Cucumber slices	Dates	Tofu	Popcorn
Edamame	Grapes	Tuna	Quinoa
Garbanzo beans	Grapefruit	Turkey	Tortilla
Green beans	Honeydew	Yogurt	Wild rice
Kohlrabi slices	Jackfruit		
Jicama	Kiwi		
Lettuce	Mango		
Peapods	Oranges		
Radishes	Peaches		
Salsa	Pears		
Squash	Pineapple		
Sweet pepper slices	Pomegranate seeds		
	Raspberries		
	Strawberries		
	Watermelon cubes		



Allergy Alert: *If your child is allergic to peanuts or tree nuts, try sunflower butter.*



KIDS ON-THE-GO

Pack a cooler with a power-packed mix-and-match lunch!

- Jicama + Berries + Yogurt + Granola
- Hummus + Pita bread + veggie sticks + watermelon
- Black beans + Rice + Corn + Pineapple

SCORE WITH SUPER STAR SUPPERS



Fill your supper plate with 1/2 fruit and veggies + 2-3 ounces protein + 1-2 whole grains + Milk or water to drink



POWERUP STIR FRY

- + brown rice
- + cherry berry smoothie



SPAGHETTI

- + whole grain pasta
- + tomato sauce
- + garlicky green beans
- + banana berry ice cream



TACOS

- + chicken, lean beef, fish or beans
- + corn tortilla
- + cheese
- + lettuce/tomato
- + avocado mango salsa



Lisa's Slow-Cooked CHICKEN AND BEANS

- + broccoli
- + brown rice
- + pineapple



GRAND SLAM GRAB-AND-GO

[For when you have to drive thru or eat on the run]

SANDWICHES: ask for a whole grain bread/bun, choose lean protein (like grilled chicken, turkey or fish) and top with veggies. Choose fruit or more veggies as the side.

BURRITO: ask to add beans, cheese and whole-grain or corn tortilla (if available). Top with veggies, salsa and guacamole.

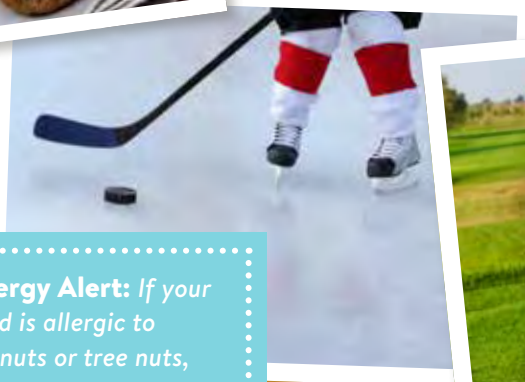
PASTA: ask to add veggies. Choose a side salad instead of fries or pack your own fruit to add better fuel to your meal.

DRINKS: Choose milk or water, instead of a sugary drink!

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Cross the Finish Line with these **bedtime bites**

- Apple Chips + String Cheese
- Chomp's Carrot Cookies + milk
- PB&J Smoothie + toast
- Tortilla + melted cheese + pear slices



Allergy Alert: *If your child is allergic to peanuts or tree nuts, try sunflower butter.*



apple chips

Serves: 8

INGREDIENTS

- 4 large apples
- 2 tablespoons sugar
- 2 teaspoons cinnamon

DIRECTIONS

Preheat oven to 225°F.

Wash apples and dry completely. Slice into 1/8-inch thick rounds.

Arrange slices in a single layer on 2 parchment-lined baking sheets.

In a small bowl, mix together sugar and cinnamon. Sprinkle evenly over apple slices.

Bake on top rack until dry and crisp, about 2 hours, flipping halfway through.

avocado and mango salsa

Serves: 4

INGREDIENTS

- 1 ripe avocado, peeled, pitted and cubed
- 1 ripe mango, peeled, pitted and cubed
- 12 cherry tomatoes, cut in half
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon or lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

In a bowl, add avocado, mango, tomatoes and feta. Stir gently.

Drizzle with remaining ingredients. Taste and adjust seasoning as desired.

Cover and refrigerate up to 4 hours or serve right away, over grains or greens.

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Serves: 7

INGREDIENTS

- 1/2 cup roasted, lightly salted whole almonds or other nuts
- 1/2 cup raisins or dried currants
- 1/4 cup dried cranberries, chopped dried apricots or other dried fruit
- 1/4 cup corn or wheat squares cereal or toasted corn snacks or pretzels
- 1/4 cup toasted green pumpkin seeds (also known as pepitas)

DIRECTIONS

Put all ingredients in a bowl and toss until well mixed.

Put 1/4 cup of the mixture in 7 snack-size zipper-lock bags. Keep at room temperature up to 1 week.

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