

Youth Sports Healthy Eating Playbook



Raleigh
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The Playbook

This guide identifies recommended food and drink options to support healthy, active lifestyles for youth athletes ages 5-17.

The playbook features:

- The importance of fueling and hydrating
- Pre-game post-game snack options
- Price comparison of healthy vs. typical snack options



FUEL

Fuel the body with carbohydrates, protein, and healthy fats to perform, enhance recovery, and supporting overall health.



Eating Well

What does “eating well” mean to NBA Champion, Steph Curry?

“Eating well is combined with maximizing sleep and understanding nutrition. Habits matter, the timing of what you eat, when you eat, how you eat all plays a role in eating well.”

Credit: EatingWell, Author: Danielle DeAngelis



HYDRATE

Did You Know?

- The American Academy of Pediatrics (AAP) recommends kids drink least 6 cups of water per day
- Our body is made up of 60% water, which makes hydration essential
- Milk provides a good source of high-quality fluids and electrolytes to hydrate the body



REPEAT

Pre-Game and Post-Game Snack Options:

Snacks	Youth Baseball	Youth Softball	Youth Soccer	Youth Basketball	Youth Football
Pre-Game	<ul style="list-style-type: none"> • Apple slices • Trail mix • Mixed nuts 	<ul style="list-style-type: none"> • Clementines • CLIF Bars • Beef/Turkey jerky 	<ul style="list-style-type: none"> • Orange slices • Peanut butter crackers • Chex Mix 	<ul style="list-style-type: none"> • Watermelon • Berries • No-bake energy bites 	<ul style="list-style-type: none"> • Fruit cup • Granola bar • Plain or Greek yogurt
Post-Game	<ul style="list-style-type: none"> • String cheese • Grapes • Carrot sticks with hummus 	<ul style="list-style-type: none"> • Rice Cake with nut butter and honey • Dried fruit • Turkey wrap 	<ul style="list-style-type: none"> • Whole grain crackers and hummus • Apple sauce squeeze pouches • Fig bar 	<ul style="list-style-type: none"> • Diced pineapple • KIND Bars • Mini deli sandwich 	<ul style="list-style-type: none"> • Bananas • Pretzels • Tuna and crackers

REPEAT

Hydration Options:

Hydration	Activity Less Than or Equal to 1-Hour	Activity More Than 1-Hour
Pre-Game	<ul style="list-style-type: none"> • Water • Fruit-based smoothie 	<ul style="list-style-type: none"> • Water • Sugar-free sports drink
Post-Game	<ul style="list-style-type: none"> • Water • Chocolate milk 	<ul style="list-style-type: none"> • Water • Chocolate milk • Sugar-free sports drink

PRICE COMPARISON

Price for a Team of 12:

Healthy Snacks

Fresh Fruit: Apples/Oranges/Bananas -
\$3 to \$5 a bag

15-Pack of Water Bottles - \$3.48

Total: \$8.48

Other Snack Prices:

Peanut Butter Crackers 10-Ct: \$4.39

Nature Valley Granola Bar 12-Ct: \$4.39

Watermelon Chunks: \$4.49

CLIF Kid ZBar 6-Ct: \$4.99

GoGo Squeez Yogurtz 10-Ct: \$8.89

Typical Snacks

12-Pack of Chocolate Chip Cookies:
\$6.79

2-Pack of Capri Sun Drink Pouches: \$6

Total: \$12.79

Other Snack Prices:

Fudge Rounds 12-Ct: \$4.99

Goldfish Crackers 12-Ct: \$6.79

Gushers 12-Ct: \$6.99

Apple Juice 12-Ct: \$8.58

Chips Variety Pack: \$8.99

FUEL. HYDRATE. REPEAT.

Let's promote healthy, active lifestyles by educating and providing healthy snack options for ages 5-17 as part of obesity prevention.

Childhood Obesity

- In the United States, the percentage of youth that are obese is 19.7%.

