

FitFUTURE

Strategies for
Better Living.



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Parents often wonder how best to feed and hydrate their child when they participate in sports. The following are some tips for healthy eating and hydration.

Hydration:

- Replace sweat losses by drinking fluids regularly during exercise.
- For short duration (less than 60 minutes), low to moderate intensity activity, water is a good choice to drink before, during, and after exercise.
- Sports drinks are good options for moderate to high intensity activity lasting longer than 60 minutes, in order to replace carbohydrates and electrolytes.
- Rehydrate after exercise by drinking enough fluid (water or sports drink) to replace fluids lost during exercise.
- Hydration status can be monitored by the color of your urine. If it is a straw or lemonade color, this indicates good hydration. If it is a dark color, such as apple juice, this indicates dehydration.

Know the signs of dehydration:

- The early signs include thirst, flushed skin, premature fatigue, increased body temperature, faster breathing and pulse rate, increased perception of effort, and decreased exercise capacity.
- The later signs include dizziness, increased weakness, and labored breathing with exercise

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Academy of Nutrition and Dietetics
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Nutrition Before Exercise

**3
HOURS**

- Oatmeal with brown sugar and almonds, skim milk, and a banana
- Fruit and yogurt smoothie with low-fat granola
- Turkey and Swiss cheese sandwich on whole grain bread with some fruit and a sports drink

**2
HOURS**

- Bowl of cereal with low fat milk
- Peanut butter sandwich

**1
HOUR**

- Handful of dry cereal
- Piece of fruit
- Sports drink or water
- Sports gel, beans, gummies, or a sports bar

Nutrition During Exercise

First, start with a “full tank”. Begin exercise with adequate muscle fuel (carbohydrate) and make sure your child is well hydrated. Consume fluids early and consistently to replace sweat losses. For a snack/drink during exercise:

- Sports drink, water, banana or sports foods (gels, beans, or gummy chews)

Nutrition After Exercise

- Sports drink with carbohydrates and electrolytes
- 8 ounces of low-fat chocolate milk
- Trail mix with dried fruit, soybeans, cereal, or pretzels
- Peanut butter and jelly sandwich on whole grain bread