

Fueling After Practice

Post-Practice or Afternoon Game Snack

The hours after practice or a weekday competition may necessitate snacking before the family dinner. Make sure to have pre-prepared snacks ready when you arrive home hungry from a tough after-school practice or game. This can include cut-up fresh fruit, low-fat yogurt and smoothies (recipes provided).

Make sure you eat within 1 hour after a workout.

Post-Game Family Dinner

For a tasty and filling post-game family dinner, include baked or broiled lean cuts of meat such as chicken breast, lean beef, wild game, salmon or tuna. Include whole grains, for example, whole-wheat pasta with a low-fat tomato or cheese sauce. Toss in vegetables or include a side green salad.

Complete your meal with fruit for dessert, such as baked apples or pears accompanied by a glass of low-fat or fat-free milk. Or create an instant yogurt parfait with layers of low-fat vanilla yogurt, fresh, frozen or canned fruit, and crunchy whole-grain cereal.

Include all five food groups — protein, grains, vegetables, fruit and dairy for the nutrients you need for energy throughout the day.

Visit eatright.org for more information.

Questions on this content? Find your area UW Extension Nutrition and Food Safety Educator at <https://uwyoextension.org/uwnutrition/> or Ask Our Experts at nfs@uwyo.edu

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