

Fueling Before Practice

Teenage athletes need enough calories to maintain their growth and an additional amount to accommodate their working muscles. Spreading meals throughout the day is a good way to get the fuel teens need.

Plan meals around carbohydrates and protein. Good food choices include:

- Peanut butter and whole-grain bread.
- Sliced turkey in a whole-wheat pita.
- Whole-wheat pasta topped with baked chicken.
- Scrambled eggs and whole-wheat toast.
- Sliced apple and peanut butter.
- Trail mix with dried prunes, raisins, almonds, cashews, and peanuts.
- Granola bar and apple, banana, or orange.
- Whole grain crackers, chopped broccoli and cauliflower, and hummus.
- Shredded carrots, raisins, granola, and low-fat yogurt.
- Oatmeal with blueberries, strawberries, and almonds.
- Peanuty energy bars (recipe provided) and banana, orange, or apple.

Add fruits, vegetables and dairy foods to all meals and snacks to round out the nutritional benefits and training needs.

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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