



## Fuelling Active Kids

### Is your child involved in sports?



Healthy meals and snacks will help give your child fuel for being active.

Encourage your child to eat healthy meals and snacks 2-4 hours before activity. This allows time for food to digest. Avoid high fat or deep fried foods before being active, as this can cause stomach upset.

Choose foods from all four food groups of Canada's Food Guide: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Water is always the best choice for staying hydrated. Although sports drinks replace water and minerals lost in sweat, they are also high in sugar. They are only meant to be used for intense activity that lasts over 1 hour. Choose water for most activities.

### Healthy snack ideas:

- Yogurt and a banana
- Hummus and pita bread
- Whole grain crackers and cheese
- Low-sugar cereal and milk
- Apple slices and almonds



For more information on sport nutrition for active kids, please visit:

<http://www.albertahealthservices.ca/nutrition/Page9597.aspx>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/page2914.aspx>

