

# T.e.a.m.w.o.r.k.

## in Action

**Teamwork** relies on the **whole team** - every individual player as well as the coaches. If you or any one of your teammates is not participating at their full potential, the team cannot play well.

The **energy** you get from food keeps your body working like a **team**.

- The **PLAYERS** on a team are the major **nutrients**: Carbohydrates, Proteins and Fats. They provide energy (energy = calories) for the body to move!
- The **COACHES** are the **vitamins** and **minerals**. They are necessary for creating the energy you need to grow and stay strong.
- When we get thirsty and dried out, we call in our **SUBS** to give us **water** to feel alive with energy again. You should drink every 15-20 minutes during play.
- The **GOALKEEPER** is your source of **protection** – he or she keeps out the soda, cookies, cakes, candies and fried food. Athletes do not use these foods to give them energy!

Building a **strong** team requires a little pre-and post work too. Before you get to a practice or game, you should be fueled up and ready to play. About 30-60 minutes before you play soccer, remember to drink water and have a healthy snack.

During soccer practice and games drink lots of **water**, about 1 cup (8 oz) every 20 minutes. A **sports drink** can be helpful if you play for longer than 1 hour.

When you leave the field, it's not over – after you play soccer, drink **water** and re-fuel your body with a healthy snack within 30-60 minutes. It will help you play better tomorrow.

## Soccer Snack Ideas

### Pre-Exercise

Whole grain pretzels\*  
Half a wheat bagel with jam  
Banana and strawberries, grapes and cherries  
Popcorn (low-salt and little or no butter)\*  
Trail mix or other snack mix with dried fruit\*  
Carrot and celery sticks  
Whole wheat crackers\*  
Animal crackers and orange slices  
Peaches, plums, nectarines

### Post-Exercise

Bagel with low-fat cream cheese and jelly  
Low-fat yogurt with granola or fruit  
Applesauce and string cheese  
Cinnamon-raisin bread and low-fat milk  
Pretzels\* and low fat milk  
Hummus and mini pita  
Trail mix\*  
Apple and peanut butter  
Half a peanut butter sandwich

\*A handful or two of these snacks before or following exercise will give your body energy for action!



# T.E.A.M.W.O.R.K.

Staying *Healthy* and *Strong* Through Good Nutrition

**T**oday, like every day, start with a **healthy** breakfast:

- whole grain cereal with low fat **milk** and **fruit**
- whole wheat bread with a **scrambled egg** and **100% fruit juice**

**E**at a variety of foods from these **important** food groups:

- **whole grains** (like brown rice and oatmeal)
- protein (like lean meats, fish and beans)
- low fat **dairy** products (like milk, yogurt and cheese)
- **fruit** and **vegetables**

**A**pples, bananas, carrots, broccoli and other **fruits** and **vegetables** give you the **vitamins** and **minerals** your body needs.

- Choose different colored fruits and vegetables throughout the day.

**M**ake smart food choices.

- Eat less unhealthy foods like chips, candy, fried foods and soda – make these occasional treats.
- These do not fuel your body well!

**W**ater – drink it!

- Drink lots of fluid, especially **water**, to stay hydrated – before, during and after practice and games.

**O**ffer your body a **healthy** snack before and after exercise to improve performance and **recovery**.

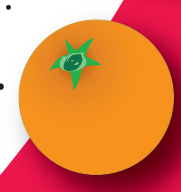
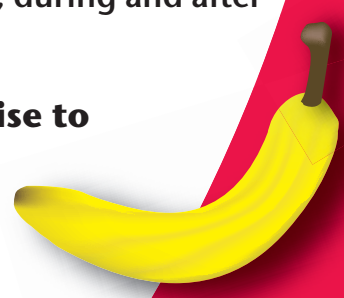
- See examples on the other side.

**R**est your body.

- Get a good night's sleep! It helps your mind and body recover.

**K**eep your “energy in” **balanced** with your “energy out”.

- Avoid eating extra food that your body does not need.



# T.e.a.m.w.o.r.k.

## in Action

**Teamwork** relies on the **whole team** - every individual player as well as the coaches. If you or any one of your teammates is not participating at their full potential, the team cannot play well.

The **energy** you get from food keeps your body working like a **team**.

- The **PLAYERS** on a team are the major **nutrients**: Carbohydrates, Proteins, and Fats. They provide energy (energy = calories) for the body to move!
- The **COACHES** are the **vitamins** and **minerals**. They are necessary for creating the energy you need to grow and stay strong.
- When we get thirsty and dried out, we call in our **SUBS** to give us **water** to feel alive with energy again. You should drink every 15-20 minutes during play.
- The **GOALKEEPER** is your source of **protection** – he or she keeps out the soda, cookies, cakes, candies, and fried food. Athletes do not use these foods to give them energy!

Building a **strong** team requires a little pre-and post work too. Before you get to a practice or game, you should be fueled up and ready to play. **About 30-60 minutes before you play soccer, remember to drink water and have a healthy snack.**

**During soccer practice and games drink lots of water, about 1 cup (8 oz) every 20 minutes.** A **sports drink** can be helpful if you play for longer than 1 hour.

When you leave the field, it's not over – **after you play soccer, drink water and re-fuel your body with a healthy snack within 30-60 minutes. It will help you play better tomorrow.**

## Soccer Snack Ideas

### Pre-Exercise

Whole grain pretzels\*  
Half a wheat bagel with jam  
Banana and strawberries, grapes and cherries  
Popcorn (low-salt and little or no butter)\*  
Trail mix or other snack mix with dried fruit\*  
Carrot and celery sticks  
Whole wheat crackers\*  
Animal crackers and orange slices  
Peaches, plums, nectarines

### Post-Exercise

Bagel with low-fat cream cheese and jelly  
Low-fat yogurt with granola or fruit  
Applesauce and string cheese  
Cinnamon-raisin bread and low-fat milk  
Pretzels\* and low fat milk  
Hummus and mini pita  
Trail mix\*  
Apple and peanut butter  
Half a peanut butter sandwich

\*A handful or two of these snacks before or following exercise will give your body energy for action!

