



# Cambridge Youth Soccer Snack Policy

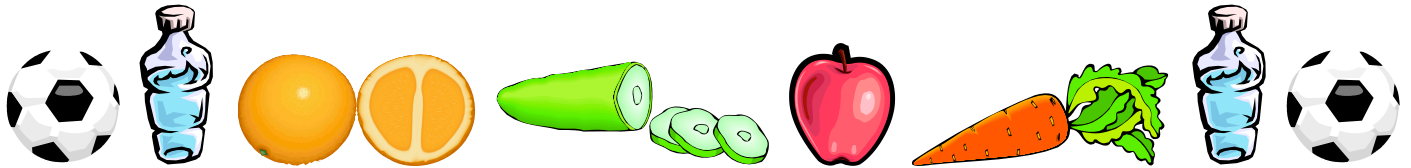
Developed by Cambridge Youth Soccer with the School Health Program of the Cambridge Public Health Department



Cambridge Health Alliance

## Snacks & Beverages

For your child's best performance and health, Cambridge Youth Soccer requests that snacks and beverages brought to games consist of water, fruits and/or vegetables. This will also help to avoid problems with food allergies, especially nuts, dairy and wheat. Please make sure that players get a good breakfast or lunch before games or practice. If games interfere with normally scheduled meals, we suggest offering a snack 30 minutes -1 hour before game or practice time, and offer the meal after the game. Make sure your child does not eat right before a game – it won't feel good to run on a full stomach!



## Health and Nutrition Tips for Young Athletes

- Eat a variety of healthy foods. Children need a variety of foods from all food groups (whole grains, fruits, vegetables, low-fat dairy products, and protein foods such as chicken, fish, meat, and beans).
- Eat at least 5 servings of fruits and vegetables each day.
- Do not skip meals. All meals (breakfast, lunch, and dinner) are important, during soccer season and year-round.
- Choose healthy snacks like yogurt, fruits, vegetables, and low-fat crackers.
- Avoid fast foods – they can slow you down on the soccer field.
- Listen to your body in deciding how much you need to eat. Always start with small portions, and eat more as needed.
- The best liquid for a healthy body is water. Save sugar-sweetened beverages like soda, sports drinks, and fruit drinks for special events.
- An hour of physical activity each day will help keep you healthy and fit for soccer.
- Don't become a couch potato: Instead of watching TV, get caught up on your homework, practice your soccer moves or read a book.
- Get plenty of sleep to be rested and alert.

## Key nutrients for young athletes: Calcium, iron and zinc

- **Calcium:** Eat at least three servings per day for strong bones. Good sources are low-fat or non-fat milk, yogurt and cheese, calcium-fortified orange juice, and fortified cereals.
- **Iron:** Helps carry oxygen through your body – if you don't get enough you will feel tired and slow. Good sources are lean red meats, skinless chicken, pork, and fortified breakfast cereals. Iron from cereal is best absorbed in combination with vitamin C, for example, from orange juice.
- **Zinc:** The body needs zinc to help repair and grow cells and tissue – especially good if you get hurt! Good sources of zinc are meat, seafood, and whole-grain products.

## FIVE-TWO-ONE

### 5 SERVINGS of fruits and vegetables a day

- Serve fruits or vegetables at every meal and snack.
- Offer a variety of fruits and vegetables.

5

### 2 HOURS or less of TV or videos a day

- Set weekday and weekend time limits for watching TV.
- If your child has a TV in their room, monitor use closely or move it out of their room.

2

### 1 HOUR of physical activity a day

- Plan activities like walking, bicycling, and sports for the whole family.
- Make sure your child runs, plays sports, dances, or does some activity each day.

1