

Did You Know . . .

Childhood obesity rates are at an all-time high. One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family.

Some juice drinks claim to be healthy because they contain vitamin C, but they are also full of sweeteners and can be as unhealthy as soda. Real fruit is best because it contains fiber. The next best choice is 100% fruit juice.



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(COSC)

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Healthy Snack Guide for your Young Athlete

Crossfire is committed to the overall health of the youth in our programs. We know as parents and coaches you are busy, and we appreciate the effort that you put in to bringing snacks for these athletes. So, we asked the Caldwell Family YMCA to consult its nutritionist to provide some helpful ideas for all of us to continue to provide snacks for kids while making sure that we are encouraging healthy eating. Enjoy!

Presented by your Caldwell Family YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Snacking Guidelines

Soccer players love to snack because they need to re-fuel after an intense game, but typical post-game snacks and drinks are often high in saturated fats and contain too much sugar. We would like to see our families work together with their coaches and volunteers to shift away from junk food and pre-packaged snacks and incorporate healthy alternatives.

In addition to being unhealthy, traditional snacks can create unnecessary trash which has become a clean-up and environmental problem at public schools and parks.

Most importantly, we want to send the right message to our youngsters. We want to promote healthy lifestyles and don't want to reward their healthy activity choices with junk food.



Healthy After-Game Snacks

- Orange Wedges, Carrot and Celery Sticks, Apple Slices, Bananas, Grapes
- Frozen Fruit Bars
- Low Fat Granola Bars
- String Cheese
- Low-fat Yogurt with Granola
- Whole Grain Crackers with Peanut Butter
- Applesauce
- Fruit Smoothies
- Nuts, Trail Mix, Raisins
- Pretzels and Air-Popped Popcorn
- Frozen Yogurt
- Low-Fat Milk
- 100% Fruit Juice



Unhealthy Snacks to Avoid

- Pre-Packaged Sweets, Candy Bars, Cookies, Ice Cream
- Potato Chips, Hot Dogs, Soda
- High Sugar Juice Drinks or Sports Drinks

Water is essential for players before, during and after the game. Remember to bring a water bottle for your athlete. It is a good idea to label your bottle and remind your child to only drink out of their own container because sharing water bottles also means sharing germs.

Don't forget the WATER!



Soda and sports drinks contain high levels of sugar and are not a healthy post-game drink choice. Water is healthy and convenient. You might be surprised to know that fat free or low-fat chocolate milk is actually a good post-game drink!