

# Eat to Win

Big match this afternoon? Unless she's playing hard for a good length of time (not a one-hour game of which she's in for 15 minutes), there's no need to pack snacks, says Melinda Johnson, R.D., a spokesperson for the American Dietetic Association. How to fuel her:

• BEFORE THE GAME •



"Make sure she eats a meal two hours prior and that she sips water all day, not just right before the game," says Johnson. If she's truly going to be sweating it out, give a carb-packed, 100- to 200-calorie pregame bite. Try a snack-size bag of cereal mixed with dried fruit, or a frozen juice bar.

• DURING THE GAME •



It's easy: She doesn't need anything but good old H<sub>2</sub>O! Eating food could give your child cramps or an upset stomach from running around with a snack-filled belly. If it's a daylong track meet or something similarly exhausting, an electrolyte replacement, such as Gatorade, might be an even better idea than water.

• AFTER THE GAME •



If you're not going directly home for lunch or dinner, offer another 100- to 200-calorie snack with carbs and protein to help with muscle recovery, advises Johnson. Try low-fat yogurt, hummus and pita chips, crackers with peanut butter, or string cheese and a piece of fruit.