Food is fuel! To play your best during your sport, you need to fuel up properly!

**What should I drink before, during and after my game?**

**Before**
- Start sipping water the night before or two hours prior to the game.
- Don’t drink too much too quickly, or you might feel sick when running.

**During**
- To replenish salt lost in sweat, have a few sips of a sports drink.
- Don’t drink too much too quickly, or you might feel sick when running.

**After**
- Continue to sip on water or a sports drink to keep hydrated.

**A huge thanks to our sponsors**

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Drinking water is part of a healthy lifestyle. Get in the habit of carrying around a reusable water bottle to sip on throughout the day.

R.A. Washney Girl Scouts Gold Award 2012

COUPON

Buy 1 entree, get 1 free with the purchase of 2 LARGE drinks. Max discount $7.00

McDonough (next to Target) (770) 954-9992
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COUPON
Before Your Game

**HYDRATE AND CARBOHYDRATE**

Carbohydrates give you ENERGY!

- Bagels
- Oatmeal
- Whole grain cereal
- Fresh fruit
- Pasta
- Pita bread with peanut butter and jelly
- Green vegetables (broccoli, green beans, spinach)

Skip greasy and fat filled foods!

During Your Game

**HALF-TIME SNACKS**

Keep it simple and healthy

- Orange slices
- Apple slices
- Grapes
- Small peanut butter sandwiches
- Trail mix
- Whole grain crackers

Skip the candy, chips and pastries!

After Your Game

**REFUEL and REPAIR**

Your body needs to get energy back and do repair work to your muscles. How? Within 30 minutes eat some protein and a carbohydrate. Later, eat a healthy, balanced meal. Frozen yogurt or a fruit smoothie are great treats for later.

- Yogurt with fresh fruit
- Peanut butter sandwich
- Sub sandwich on whole grain, packed with vegetables
- String cheese with fruit
- Mini bagel with cheese
- Trail mix with peanuts
- Smoothie or fresh fruit
- Lean proteins (like bean burritos or grilled chicken)
- Pasta

Eat to win, by eating healthy!

For more information on eating healthy visit:
- momsteam.com
- webmd.com
- myplate.org
- nays.org