

## Fueling After Practice

### Post-Practice or Afternoon Game Snack

The hours after practice or a weekday competition may necessitate snacking before the family dinner. Make sure to have pre-prepared snacks ready when you arrive home hungry from a tough after-school practice or game. This can include cut-up fresh fruit, low-fat yogurt and smoothies (recipes provided).

**Make sure you eat within 1 hour after a workout.**

### Post-Game Family Dinner

For a tasty and filling post-game family dinner, include baked or broiled lean cuts of meat such as chicken breast, lean beef, wild game, salmon or tuna. Include whole grains, for example, whole-wheat pasta with a low-fat tomato or cheese sauce. Toss in vegetables or include a side green salad.

Complete your meal with fruit for dessert, such as baked apples or pears accompanied by a glass of low-fat or fat-free milk. Or create an instant yogurt parfait with layers of low-fat vanilla yogurt, fresh, frozen or canned fruit, and crunchy whole-grain cereal.

Include all five food groups — protein, grains, vegetables, fruit and dairy for the nutrients you need for energy throughout the day.

**Visit [eatright.org](http://eatright.org) for more information.**

Questions on this content? Contact Jordan McCoy, Registered Dietitian at 307-733-3087 or email [jmccoy@tetonwyo.org](mailto:jmccoy@tetonwyo.org) from the University of Wyoming Extension Office.

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