# Post-Game Refuel

WICOMICO UNITED SOCCER LEAGUE NUTRITION

*a guide to nutrition after activity*

## When to eat

- Try to eat 30-60 minutes after activity
- Start with something small if a meal isn't available

## What to eat

- Carbohydrates help restore energy (even if it's for the next day)
- Protein to help muscles recover
- Don't forget fluids to rehydrate
- Doesn't need to be a full meal- snacks are okay if that's what's available
- Refueling later is better than skipping it

## Easy ideas

- Fruit smoothie bowl
- Chocolate milk and a bagel with cream cheese
- Guacamole with pita chips
- Cheese and crackers
- Trail mix

These tips are general guidelines for youth athletes. Individual needs may vary. For specific dietary concerns, consult a healthcare professional.