Team Snack Guide

WICOMICO UNITED SOCCER LEAGUE NUTRITION

simple ideas for after games and practices

What to bring

- Carbohydrates are a quick source of energy
- Water is always a good choice for hydration

Keep it simple

- There's no need to get complicated
- Store bought snacks are fine
- Keep portions reasonable
- Steer clear of candy, sugary drinks, or large servings

Easy snack ideas

- Applesauce pouches
- String cheese
- Granola bars
- Yogurt tubes
- Small bags of pretzels
- Sliced oranges

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