



Advocates for Health in Action

www.advocatesforhealthinaction.org

As physicians serving your community, we are committed to supporting and encouraging healthy behaviors for children. Sports programs are wonderful opportunities to increase the fitness level of your child. Additionally, choosing a healthy snack or pre-/post-game meal is a natural and important complement to exercise to promote health and athletic performance.

We would like you to consider using the following handout to guide your decisions when purchasing snacks for your team. The information has been developed by dietitians and physicians who agree that fruit, vegetables and water are the best way to refuel a child's body after a game or practice. Additionally, ideas for more substantial snacks for tournaments, pre-/post-game meals, and lunches for camps can be found at www.advocatesforhealthinaction.org. This website will be updated to keep the ideas fresh – so visit it often.

We hope that you will consider making this investment in the health of the children participating on your team. We have seen that children easily adjust to the change when they recognize that healthy foods contribute to more energy and better athletic performance. In addition, a recent survey conducted by Advocates for Health in Action revealed that 80 percent of responding parents support providing only fruits and vegetables as snacks for their children's sports leagues. We are all ready for a healthy change!

If you have any questions or comments, please feel free to contact Advocates for Health in Action at info@advocatesforhealthinaction.org. We thank you in advance for making the healthy choice the easy choice for your team!

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