



Youth Advancement Program

EAT RIGHT.....PLAY WELL

This Guide was written specifically for the Youth Advancement Program (YAP) and is designed to address the dietary habits of seven to ten year olds.

As we began our research to create the Guide, it was striking how many websites, periodicals and other sources outlining proper dietary guidelines for young athletes already exist. Further, there was very little disagreement between them about the proper intake of liquids, carbohydrates, fats, proteins, vitamins and minerals. Yet a significant number of young athletes do not practice proper eating habits.

As parents and coaches we must bear a certain amount of responsibility for their shortcomings. After all, kids will be kids. *The reality is good eating habits need to be developed at the youngest ages and reinforced daily.*

The YAP provides us with a great opportunity to connect diet and athletic performance. While at times kids may not always respect a parent's wishes when it comes to diet, experience tells us they tend to listen to coaches.

Each YAP training session will attempt to reinforce this concept of diet and performance. We have created several fun meal plans for your child. We will ask that each week he/she try one of the plans and monitor how it impacted performance in both their recreational game and the YAP training session.

Clearly, one meal is not going to have a material impact (our little secret please). But the program is all about awareness. Below are some additional guidelines for proper diet just prior to, during and immediately after games.

Don't Eat These Before Games	Just Prior or During Games	Within 2 hours After Playing
<ul style="list-style-type: none"> • Super-sweet foods like candy • High-fat foods like chips • Whole milk • Marbled meat • Cheese • Anything fried • Beans (gas!) • Pickled cucumbers • Spices • Soda • Fruit juice with high fructose corn syrup 	<ul style="list-style-type: none"> • Energy bar • Water – but not too much at ½ time • Gatorade and NO OTHER SPORTS DRINK (for our sponso 😊) • Avoid acidic drinks or things that will upset your stomach 	<ul style="list-style-type: none"> • Water • Gatorade • Fruit and juices without high fructose corn syrup • Bagels and jam • Uncooked "Chex Mix" • Yogurt • Pretzels • AVOID chips, burgers, fries, nachos and fried foods

Small changes in diet can have a big impact! **Eat right....Play well!**

YAP EAT RIGHT.....PLAY WELL PERFORMANCE MEALS

Pre-game meals should be consumed 2-4 hours prior to warm-up. If a young player gets hungry within 2 hours of play, use some of the suggested treats from the prior page.

Any time you see the word **WARNING** in the menu, you need to check the ingredient list of the product and make sure it does NOT contain *high fructose corn syrup* or *partially hydrogenated oil*. It is highly likely these two ingredients share responsibility for both obesity and heart disease. You will be shocked at how many of the food products you consume contain these two very bad players.

Shadow Select Breakfasts

Shadow-Storm Scramblers	Shadow-Scotties Surprise	Shadow-Sabers Sweet Spot
<ul style="list-style-type: none"> • Scrambled eggs or egg beaters • Whole wheat toast (WARNING) • Lean ham or turkey bacon • Strawberries, blueberries or banana • Low fat or nonfat milk 	<ul style="list-style-type: none"> • Bagel (WARNING) • Peanut butter (WARNING) • Banana (try it on the bagel with the peanut butter!) • Vegetable Juice 	<ul style="list-style-type: none"> • Whole grain waffles or pancakes (WARNING) • Instead of syrup, use any jam that does not contain high fructose corn syrup • Lean ham or turkey bacon • Low fat or nonfat milk

Laws of the Game Lunches

The Academy Offsider	SSA Red Card	Heart, Mind, Body, Body, Body
<ul style="list-style-type: none"> • Whole wheat pita sandwich stuffed with turkey, provolone cheese (1 slice), tomato, lettuce, onion and a little salad dressing • Whole grain crackers (WARNING) • Low fat or nonfat milk or fruit juice without high fructose corn syrup 	<ul style="list-style-type: none"> • Whole wheat bagel (WARNING) with lean ham, turkey, cheddar cheese (1 slice), sprouts, tomato, red onion and Dijon mustard. • Carrot sticks • Vegetable Juice or fruit juice without high fructose corn syrup 	<ul style="list-style-type: none"> • Progresso Chicken Noodle or Chicken Wild Rice • Whole grain crackers (WARNING) • Fruit salad • Low fat or nonfat milk or vegetable juice

Shadow Premier Play Dinners

Premier Pasta Penalty Kick	PDL Puget Sound Dive	State Cup Turkey Trot
<ul style="list-style-type: none"> • Whole wheat spaghetti with ground turkey red sauce • Green salad with artichokes, almonds, red onion and gorgonzola cheese (a little) • Whole wheat roles (WARNING) • Low fat or nonfat milk or fruit juice without high fructose corn syrup 	<ul style="list-style-type: none"> • Barbequed salmon • Zatarain's Red Beans and Rice (any supermarket) • Coeur d'Alene French Baking Company Sourdough rolls • Small green salad • Low fat or nonfat milk or fruit juice without high fructose corn syrup 	<ul style="list-style-type: none"> • Roasted Chicken or Turkey with gravy (WARNING-check gravy packets) • Mashed potatoes with sour cream – go light on butter • Fruit salad • Whole wheat roles (WARNING) • Low fat or nonfat milk or vegetable juice