

QuickFit soccer goals

EXPERTS' TIPS FOR SOCCER SUCCESS



SPORTS NUTRITION

MAKING HEALTHY CHOICES ON THE ROAD

When traveling to a game, it can be hard to get proper nutrition on the road. Pack healthy snacks and choose more wholesome options at fast food joints to keep you fueled and ready run at the starting whistle.

› Road Trip Snack Tips

- Extra water
- Granola bars
- Fresh fruit – apples, bananas, grapes, pears
- Nuts - peanuts, almonds, walnuts or pecans
- Raisins and dried fruit
- Trail mix
- Whole grain bread
- Whole grain crackers or pretzels
- String cheese or individually wrapped cheese
- Travel size peanut butter or hummus dips

› Healthy Choices at the Drive-thru

These days, most fast food restaurants feature healthier options on their menus. Skip the greasy burgers and sugary sodas with better choices like one of these. All are 350 calories or less.

McDonald's®

- Egg McMuffin

- Fruit and Maple Oatmeal
- Fruit N' Yogurt Parfait
- Apple Dippers with Low fat Carmel Dip
- Premium Grilled Chicken Classic Sandwich (no mayo)
- Premium Grilled Ranch BLT
- Premium Asian Salad with Grilled Chicken
- Premium Southwest Salad with Grilled Chicken
- Grilled Chicken Snack Wraps
- Original Hamburger
- Mac Snack Wrap

Wendy's®

- Apple Pecan Chicken Salad
- Mandarin Chicken Salad
- Ultimate Chicken Grill
- Apple Slices
- Plain Baked Potato
- Small Chili
- Grilled Chicken Go Wrap

Burger King®

- Tendergrill Chicken Garden Salad (No cheese and light Italian dressing)

- Garden Salad
- BK™ Veggie Burger (no mayo)
- BK™ Fresh Apple Fries
- BK™ Kids Muffin Sandwich
- BK™ Breakfast Burrito (potato, egg, cheese, salsa)

Taco Bell®

- Fresco Style Ranchero Chicken Soft Taco
- Fresco Crunchy Taco
- Fresco Grilled Streak Soft Taco
- Fresco Soft Taco
- Regular or Fresco Bean Burrito
- Mexican Rice

Chick-fil-A®

- Chargrilled Chicken Sandwich
- Sunflower Multigrain Bagel
- Yogurt Parfait with Harvest Nut Granola
- Fruit Cup
- Hearty Breast of Chicken Soup
- Side Salad
- Southwest Chargrilled Salad
- Chargrilled Chicken Garden Salad

QuickFit Soccer Goals offers players and parents expert information on how to improve performance and prevent injury during play. With tips from our team of WakeMed sports medicine physicians, therapists and nutritionists, players learn what it takes to perform their best while playing it safe.

