

# NUTRIENT KNOW HOW

Do you know your ABC's of vitamins? Do you know where to get the iron, calcium and other necessary nutrients that your body needs? Check out our list of Vital Vitamins and Must-Have Minerals. Make sure you're eating a variety of foods and getting all the right stuff to keep your body strong and healthy. And remember to eat right all the time...not just during soccer season!

## Vital Vitamins

### > VITAMIN A

This vitamin helps you see colors, and it helps with your night vision. It also helps you have healthy skin!

**What to eat** Vitamin A can be found in carrots, spinach, apricots, nectarines, guava, cantaloupe and fortified milk.

### > B VITAMINS

B1, B2, B6, B12, niacin, biotin, folic acid and pantothenic acid. These help make energy and red blood cells to carry oxygen to different parts of your body.

**What to eat** B vitamins are found in fish, like tuna, and other meats such as beef, pork and chicken. Other foods with B vitamins are enriched cereals and breads, leafy green vegetables, dried beans and whole wheat grains.

### > VITAMIN C

This popular vitamin is well known for helping your body resist infection. It also strengthens muscles, bones, gums and teeth.

**What to eat** Oranges, grapefruit, watermelon, strawberries, lemons, and raspberries. Orange juice and other juices can be excellent sources of vitamin C. Check labels to make sure you're getting what you need. Tomatoes, broccoli and green peppers are also great sources.

### > VITAMIN D

This is an essential vitamin for strong bones and teeth because it helps the body absorb calcium.

**What to eat** Milk, pudding, eggs and tuna.

### > VITAMIN E

This vitamin protects important body tissues, like the ones in your eyes, skin and liver. It also protects the lungs from damaging air and helps your body store vitamin A. Additionally, it works with vitamin K to help with blood clotting.

**What to eat** Oils found in corn and sunflower seeds; leafy dark green vegetables and nuts.

### > VITAMIN K

This is super important to help your blood clot (keeping too much blood from coming out if you get cut). Clotting also helps keep germs from getting inside your body.

**What to eat** Dark green vegetables and some lighter green ones too, like lettuce and cabbage. Cheese is another great source so top your favorite greens with a little cheese!

## Must-Have Minerals

### > CALCIUM

This mineral helps build strong bones and healthy teeth.

**What to eat** milk, yogurt, frozen yogurt, ice cream, milkshakes and cheese. Plus, some juices are fortified with calcium so read your labels and pick the juices that will help build strong bones.

### > IRON

This is an important part of hemoglobin which carries oxygen from your lungs to the rest of your body. It is very important to get enough iron.

**What to eat** Red meat, dried beans, baked potato (eat the skin), apricots, whole-grain breads (or iron-enriched breads), some cereals and raisins.

## EAT TO WIN!

Making good choices between meals is just as important as eating three well-balanced meals each day. Remember to eat a healthy snack and grab your water bottle before you head out to the soccer field. Check out these suggestions from Julie Paul, registered dietitian, from WakeMed's Pediatric Diabetes Program.

### BEFORE YOU PLAY

Nibble on these yummy treats before the game so you don't start on an empty stomach.

- > Bagel with peanut butter or cream cheese
- > Snack mix with whole grain cereal, pretzels, raisins and peanuts
- > Fruit smoothies with frozen fruit and yogurt
- > Yogurt with granola and fruit
- > Celery with peanut butter and raisins
- > Milkshakes using fresh or frozen fruit, milk and ice
- > Sandwiches with lean meats and whole wheat breads
- > Fresh Fruit
- > Cereal with milk
- > English muffin (whole wheat) with peanut butter
- > Cheese and crackers
- > Baked potato (add broccoli if you like)
- > Raw veggies

### COOLER CRAVINGS

Pack these snacks in a cooler for the team so you can refuel together after the game.

- > Fresh fruit
- > Yogurt
- > String cheese
- > Breakfast or Granola Bars
- > Dried Fruit & Nuts
- > Water

For moms and dads, we've also included our Heart Healthy Food Pyramid.

CASL & WAKEMED TEAM UP!

TAKE  
**TWINKLE'S**  
**CHALLENGE**



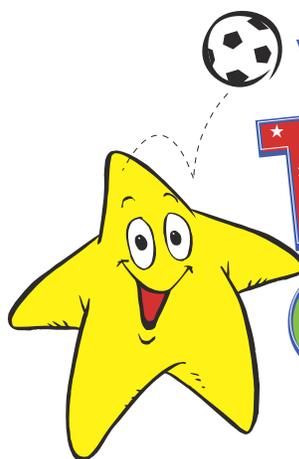
WakeMed



Look inside for  
details on how to  
sign up!

“Being a good soccer player takes more than ball skill and speed. You have to take care of your body before, during and after practice and games. What you eat and drink not only plays a key role in how you perform on the field but also in school and throughout life.”

MATT CRAWFORD, MIDFIELDER, COLORADO RAPIDS



# WHAT'S TWINKLE'S CHALLENGE?



Photo credit: Alan Yamamoto, Colorado Rapids

WakeMed cares about kids. That's why we're teaming up with CASL to encourage athletes and their families to make healthy choices and stay safe on the soccer field.

Last season, several hundred kids participated in Twinkle's Challenge. So sign up now to get your soccer season off to a great start!

Simply let your coach know that you want to participate and then sign the enclosed pledge card. Review the five points listed below and plan ahead to make sure you follow these challenges at every game and practice. We've also included nutrition information that we hope you will find helpful on being a strong athlete. At the end of the season, participants will receive a drawstring backpack!



Each player gets a  
**FREE** drawstring  
backpack for  
participating!

-  I will warm up and cool down with my team before and after playing soccer to prevent injury.
-  I will eat healthy snacks and well-balanced meals including my after game snack.
-  I will drink lots of water during practice and during games (even if I'm not thirsty.)
-  I will be a good sport and have a good attitude for my teammates and coaches.
-  I will encourage my family (parents, brothers and sisters) to be active and make healthy choices. During practice, I will ask them to walk around the field at least three times instead of just sitting and watching me play.



# BE A STRONG ATHLETE

## Eat Well-Balanced Meals

- > Color your way to a healthy day by trying to eat different colored fruits and vegetables.
- > Never skip meals — especially not breakfast!
- > Pack healthy snacks when you know you'll be on-the-go. (Examples: baby carrots, fresh or dried fruits and water bottles.)
- > Timing of meals can be critical. Too much or too little food prior to activity can leave you sluggish. Eat a large meal 3-4 hours before a game or eat a small meal 2 hours before a game.

## Stay Hydrated

- > Drink plenty of water before, during and after you play soccer or any other sport. You need water to replace fluids you lose through perspiration (sweating).
- > Replace sodas and sugary drinks with water or milk. Be sure to keep drinks cool.
- > Sports drinks are a good choice when sweat loss is excessive due to high temperatures. They have electrolytes and supply carbohydrates to keep blood sugar from falling.

## Eat Complex Carbohydrates

- > Instead of eating sugary sweets, make sure your body gets complex carbohydrates such as pasta, whole grain breads, rice and cereal.
- > Carbohydrates are needed for your muscles and brain during exercise.

## Eat Before You Play

- > Don't come to the field on an empty stomach. If you haven't eaten in the past few hours, have a light, healthy snack before leaving home. Avoid sugary junk foods which will only give you a quick burst of energy and won't last through your game.
- > Eat a healthy meal 2 to 3 hours before practice or a game so your body has plenty of time to digest the food.

## Build Strong Bones

- > Drink lots of milk and eat foods with calcium such as yogurt and cheese.
- > Make a milkshake! Blend milk, your favorite fruit and ice together in a blender for a nice, cool treat!

## Get Your Vitamins

- > Eat a variety of fruits and vegetables so you get plenty of vitamins every day!

## Warm Up & Cool Down

- > You can warm up before practice by jogging slowly around the soccer field a couple of times.
- > Do a few gentle stretches to get your muscles warm and limber. Hold the stretch about 10 seconds. Don't bounce!
- > Don't sit down while your heart is still beating fast. End your practice by walking for a couple of minutes to let your heart slow down.
- > Always end your practice with stretching. Hold the stretch for about 15 seconds.

## Refuel

- > Continue to drink fluids while you play.
- > If you play longer than usual, you may need a healthy snack to help you refuel.
- > Pack a healthy snack so you will have something to eat 15 to 20 minutes after practice or games — something with carbohydrates and protein. Your body needs a little snack to replace all the food you used while playing.
- > Post game meals should be rich in carbohydrates and protein.

## Rest & Relax

- > Make sure you get plenty of sleep every night and take some time to relax after practice or a game. Your body needs to recover from all that work!

## Reward Yourself

- > Pick something you'd like to do as a reward instead of stopping for fast food or eating sweets.
- > Create a bulletin board where you can display some "action shots" and list all your accomplishments.

## Protect Your Skin

- > Apply sunscreen before you leave home so it has time to dry before you play.
- > Reapply sunscreen after sweating, getting wet or toweling off.

## Prevent Injuries

- > Wear proper-fitting shoes and make sure your laces are tied tight and tucked in so you don't trip yourself or anyone else.
- > Wear protective equipment, including shin guards, goalie masks, and any other protective gear suggested by your coach.
- > Never wear watches or any other jewelry. These items can cause deep cuts if you fall hard, and they can also scratch other players.