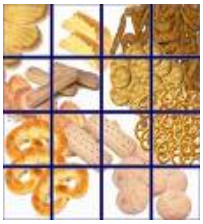
Summer Day Camps

Fit & Active Facts

Week 1: Healthy Snacks for Camp

Generally a healthy snack is low in saturated fat, salt, and sugar and high in vitamins, lean protein, and fiber.



The "**Dietary Guidelines for Americans 2005"** has provided the following "not to exceed" amounts for snacks.

Healthy Snacks are not to exceed:
Snack Quantity: 37 grams
Calories: 200
Calories from Fat: 60 (30% or less)
Total Fat: 6 grams
(Saturated & trans fat:
No more than 2 grams – 10% or less)
Sugar: 11 grams or (30% or less)
Sodium: Less than 480 mg

If your child's day camp provides snacks, the following lists are the approved **non-perishable** snacks for the City of Bellevue Summer Camp Program **as well as other snacks meeting the guidelines above:**

Crackers:

- Air crisps
- Oyster crackers
- Gold Fish
- Whole wheat crackers
- Rice cakes
- Soy Crisps
- Pirates Booty
- Graham crackers
- Bread sticks (whole grain)

Fruit:

- Fruit leather
- Dried fruit
- Applesauce

Salty:

- Pretzels/flavored pretzels
- Popcorn - low fat
- Nuts (limit, high in fat)
(almonds, peanuts, soy, etc)
- Seeds
(sunflower, pumpkin)
- Chex Mix
- Baked chips

Cookies:

- Vanilla wafers
- Fig newtons
- Oatmeal raisin cookies -low fat & sugar
- Ginger snaps
- Animal crackers
- Granola bars -low fat & sugar
- Fortune cookies
- Rice Krispie Treats

Odds 'n' Ends:

- Trail mix
- Yogurt covered raisins/pretzels/nuts
- Bagels
- Healthy muffins -low fat & sugar (ex. carrot)
- Beef jerky
- Granola -low fat & sugar
- Low fat pudding cups/Low sugar Jell-O cups
- Dry cereal - low sugar

"Fuel For Kids" on back side

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Fit & Active Facts

Week 1: Fuel for Kids

Active kids may need 2000-5000 calories per day. If young athletes and extremely active kids do not get enough calories, they may not be as fast or as strong as their potential and may break down muscle rather than build it up.

Dietary Guidelines for Active Kids:

1. Variety of foods – For success in the long haul you need not only carbohydrates for endurance, but also protein for building muscle, fat, vitamins and minerals.
2. Vital Minerals – Lean red meat is an excellent source of iron which carries oxygen to the muscles to create energy. Low fat dairy products provide calcium for strong bones.
3. Protein – Get from food, not supplements. Eat fish, lean meat, poultry, eggs, dairy, nuts, soy, nut butters, beans.
4. Complex carbohydrates – Choose whole grains, brown rice, oatmeal to provide fuel, nutrients, and fiber. Carbohydrates provide glycogen, the major fuel for the body that is stored in the muscles. Not enough complex carbohydrates can cause fatigue and there is a link between muscle fatigue and injuries. Limit simple carbohydrates including white bread, rice, and sugary snacks which give a sudden boost of energy followed by a blood sugar "crash".

5. Fats – Provide fuel once the carbohydrates are used up. Focus on vegetable fats rather than animal fats. Olive oil is an excellent choice. Fatty foods ingested right before activity may affect performance since fats are slow to digest.
6. Supplements - Avoid steroids which can have serious side effects.

What to Eat & When:

Before

Before activity:
Eat your meal 2-4 hours before the game or event. If it is less than 2 hours before activity, eat just a low fat, complex carbohydrate/protein snack such as cereal and milk, an energy bar, or a sandwich of lean meat on whole grain bread. If you eat too much and too close to activity time, digestion will use up some of your energy and you can feel bloated, sluggish, and sick. Include water and/or a sports drink if it is hot or if the activity will last more than 60 minutes.

During

During the activity:
Drink 3-8oz of water or sports drink every 15 min. The new sports drinks with protein such as powder "Accelerade" (add to water) are especially helpful in tournament situations where several games are played in a day. (Can be found at bicycle shops.)

After

Afterwards:
The 45 minutes after the activity is the best opportunity for the most rapid recovery. The ideal post-game drink or meal is .4-.8 grams of carbohydrates per pound of body weight and .1-.2 grams protein per pound of body weight. Keep the grams of carbohydrates to protein 4:1 and use the upper limits for older teens and the lower limits for younger kids. Check labels to find energy bars that satisfy the ratio. Limit fats during this time to allow maximal muscle repair.

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service**.