

Soccer Mom snack guide

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The usual unhealthy soccer mom snacks



The average 8 year old burns only 150 calories in an hour of sports—but the typical after-game snack has 300-500 calories and TONS of sugar. (realmomnutrition.com)

The good stuff that you should bring instead!

melissa's



Be Creative! Try new things like kid friendly Fruit Kebobs. They'll get a kick out of it!

Why Fruit?

- Fresh fruit has carbohydrates for energy and lots of water for hydration.
- Fruit is full of vital nutrients
- Melissas Sweet Young Coconuts rehydrate and are the purest form of natural energy. They have no preservatives and two times the amount of potassium of a banana.



Snack Guide For Soccer Team

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