

# Half-time snack hacks



**If a mid-game snack is necessary, fresh seasonal fruit such as apples, oranges, pears, watermelon, grapes, bananas or strawberries is the best choice. Fruit is filling and contains energy, vitamins, minerals and antioxidants.**

Half-time oranges have copped some flack in recent times claiming that the acidity in oranges is harmful to tooth enamel. The truth is, it's unlikely that a few orange quarters during a game will cause any harm. Oranges provide a great source of Vitamin C which is necessary for healthy gums.

We heard along the grapevine some sport codes are even promoting lollies as a good source of energy during sport. The problem is, along with energy, lollies provide loads of sugar and no nutritional value. 'Sugar-free' lollies are still not the best choice, they usually contain artificial sweetener and nutrients. For example:

## Oranges vs. lollies

|                          |   |   |
|--------------------------|---|---|
| <b>Energy</b>            | ✓ | ✓ |
| <b>Dietary fibre</b>     | ✓ | ✗ |
| <b>Antioxidants</b>      | ✓ | ✗ |
| <b>Vitamin A &amp; C</b> | ✓ | ✗ |
| <b>Folate</b>            | ✓ | ✗ |
| <b>Potassium</b>         | ✓ | ✗ |



## Do we need snacks during sport?

Most junior sport is at a level where energy does not need to be replaced during half time. It is more important to *fuel up* with healthy food (e.g. sandwich, cereal and milk, or a smoothie) before playing sport AND to focus on staying hydrated with water before, during and after. For some great catering tips for cricket matches, check out the testimonial at [fueltogo.com.au/case-studies/](http://fueltogo.com.au/case-studies/)

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