



**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 gum:

Some sport codes promote 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 a good choice as they usually contain artificial sweeteners.

#### Oranges vs. lollies

	Oranges	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 (for example, a sandwich, cereal and milk, or a smoothie) before playing sport AND to focus on staying hydrated with water before, during and after sport.