



WHAT SHOULD CHILDREN EAT WHILE SKIING?

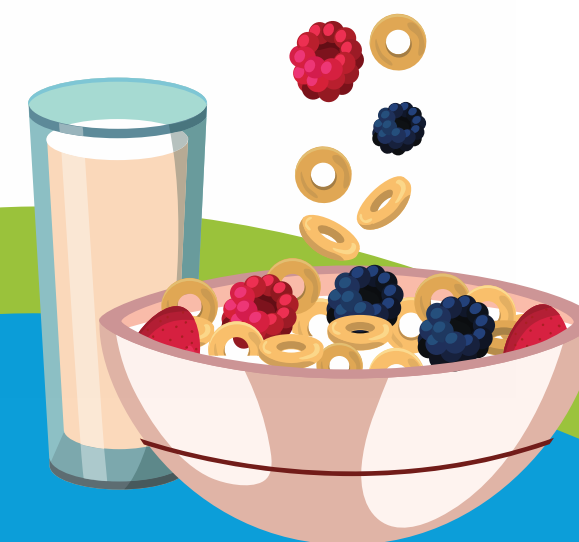


WHY IS IT IMPORTANT TO EAT WELL WHEN SKIING?

- Basal metabolic rate is higher in winter than in summer. The body needs more energy to maintain a normal body temperature during activity.
- Cold environments affect hormones that can increase appetite towards excessive food intake.
- Extreme environmental conditions such as high altitudes and low temperatures can also impair immune function and affect selected micronutrients such as iron and vitamin D.
- Children require more energy during sport activities than adolescents or adults.

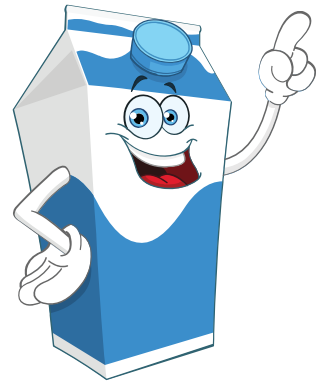
HOW TO START THE DAY BEFORE GOING ON SNOW?

- Children should start the day with breakfast and thus arrive at the ski resort well prepared.
- With breakfast, they receive energy for an active morning.
- Some children are picky eaters, so use your imagination and combine different shapes and colors to make fun and interesting meals for them.
- Be a good example and eat a healthy breakfast yourself.
- Ask the children what they ate before starting the activity in the snow and compare their meals together...

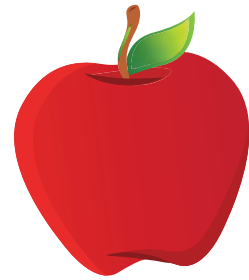


BREAKFAST IDEAS

IDEA no. 1



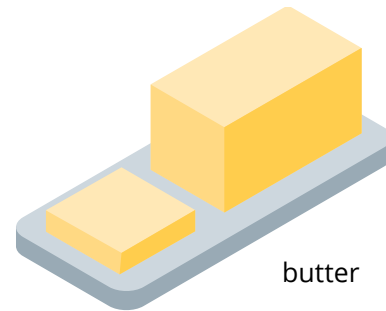
skim milk



apple



honey



butter

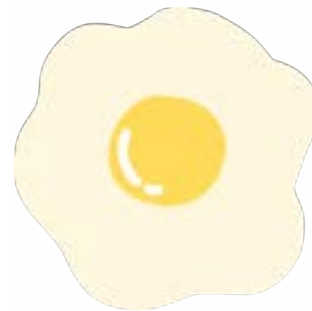


wholegrain bread

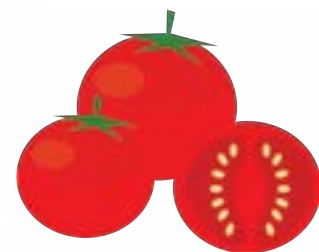
IDEA no. 2



orange juice



sunny-side up egg



tomatoes



wholegrain bread

SNACKS

Snacks are not required for physical activity lasting less than 75 minutes. However, children can still get hungry, and when they do, it's wise to eat the "right" foods.

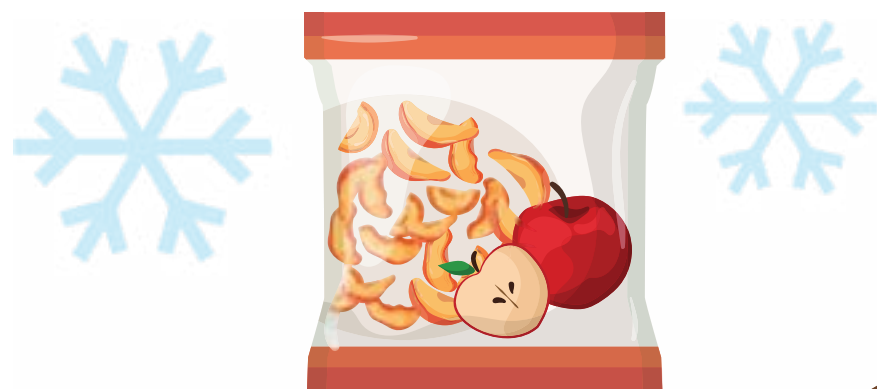
Avoid processed foods and added sugars.

Choose:

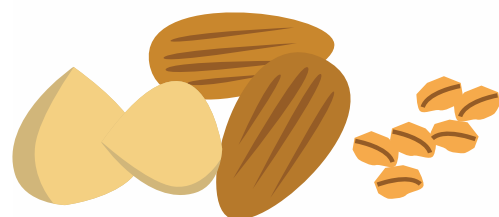
- fruits,
- nuts and seeds,
- dried fruits,
- whole grain granola bars,
- homemade granola bars.



SNACK IDEAS



dried fruit



nuts and seeds



fresh fruit



wholegrain musli bar

LUNCH BREAK

Try to agree in advance with the restaurant owner on a selection of dishes that will be available for the children. Pay attention to portion sizes.

Each plate should be divided into 4 groups:

- vegetables – 2/4 of the plate;
- grains: bread, cereal, rice, or pasta – 1/4 of the plate;
- protein: lean meat, eggs, legumes, tofu – 1/4 of the plate;
- for dessert: fruit.

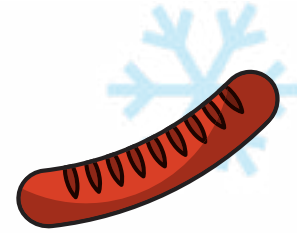


LUNCH IDEAS

IDEA no. 1



vegetable soup



hot dog



wholegrain bread

IDEA no. 2



wholegrain pasta with

- chicken
- cooked vegetables



fruit



WHAT TO EAT AFTER A DAY ON A SNOW

Within 30-60 minutes after exercise, it is important to replenish lost fluids and refuel with an adequate source of energy.

Make sure you have a snack that is rich in carbohydrates and protein:

- chocolate milk,
- yogurt and fruit.



WHAT TO DRINK IN THE COLD?

Fluid needs in cold weather can be just as high as in hot weather.

Because of the cold weather, thirst is impaired. Water should be the fluid of choice - sports drinks are not necessary because children generally lose less sodium through sweat. Drinking sports/energy drinks as a general beverage can lead to excessive calorie consumption.

When and what to drink:

- Drink water 1 to 2 hours before activity.
- 150–250 ml every 20 minutes during activity.

Young athletes often do not maintain their water balance unless they are encouraged to increase their fluid intake, therefore they need to be **ENCOURAGED** to hydrate.

YOU CAN ALWAYS CHOOSE BETTER

- Pay attention to serving sizes.
- SPLIT and SHARE: Share a serving of French fries with other group members.
- Choose one food from each food group – fruits and vegetables, protein, whole grains, healthy fats.
- Avoid sugary (soda) drinks.
- Choose grilled or baked foods rather than fried or breaded. Be mindful with sauces.
- Be sure to eat vegetables and fruits.



NOTE TO YOURSELF

- Pay attention to portion sizes.
- Count the colors: the more colors on the plate, the healthier - you can make it a game or a contest.
- Limit sugar-sweetened beverages like soda.
- Avoid using food as a reward.
- Sweets and high-fat snacks are OK in moderation.

Be a ROLEMODEL!



REFERENCES

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- <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/skiing/>
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