



## For Parents: Navigating the Concession Stand

Athletes often rely on the concession stand for food, especially if a junior varsity athlete is staying to watch a varsity game, or during tournaments. The best practice is to plan ahead and make sure your athlete has the appropriate snacks. But when faced with the best choice to make at the concession stand, here are a few tips:

### TIPS

- **Soft pretzels are often the best choice, since they are high in carbohydrate, low in fat, and also provide sodium.**
- **Candy does provide carbohydrate, but limit the amount and choose low-fat options (for example, licorice or gummy candies) rather than higher-fat candy bars.**
- **Ask for popcorn without butter if possible.**
- **If fruit is available, go for it!**
- **Avoid/limit anything fried or greasy.**