

HEALTHY SNACK IDEAS FOR ATHLETES



1. Banana and peanut butter sandwiches
2. Apples slices and cheese
3. Rice cakes with almond butter
4. Trail mix
5. Chocolate milk
6. Pretzels
7. Fresh air popped popcorn
8. KIND bars, Rx Bars, Go Macro Bars, healthy protein drinks
9. Nuts and fresh fruit
10. Greek yogurt
11. Roasted chickpeas
12. Half of a pb and j on whole wheat bread
13. Low-fat cheese sticks
14. Tuna pack
15. Hummus and vegetables
16. Greek yogurt dip with vegetables
17. Edamame
18. Whole grain cereal
19. Cottage cheese
20. Apple sauce packs
21. Avocado on whole wheat crackers

***Remember to choose snacks lower in fiber the day of your meet to avoid an upset stomach or right before practice. An example would be pretzels.

***20 minutes prior to practice eating a banana and water is healthy.

***Within 20 minutes after practice, choose a balanced snack such as a banana and peanut butter.

You want carbohydrates and protein.

- An example of a balanced lunch: roasted turkey, 1 slice of cheese, lettuce and tomato on whole grain bread, a piece of fresh fruit and a small bag of whole wheat pretzels.
- An example of balanced dinner: black beans, brown rice, fresh salsa, lettuce, avocado, bell peppers and a sprinkle of cheese