

30 EASY SWIM MEET SNACKS

Veggies

1. **Hummus** - Pack a variety of dippers like pretzels, carrots, cucumbers and pita chips to have options for even the pickiest snacker. Bonus: hummus is made from chickpeas, which provide protein to strengthen muscles for the perfect butterfly stroke.
2. **Ants on a Log** - This simple combo of celery, peanut butter and a line of raisins is sure to delight younger swimmers while packing a healthy punch of protein. If your teammates have allergies, try sun butter, which is made from sunflower seeds.



3. **Baby Carrots** - Bring single-serve ranch or dressing cups for added flavor.
4. **Edamame** - These soybeans are a great grab-and-go snack since swimmers can eat the peas straight from the pods. Add sea salt for extra flavor, and be sure to bring an extra bag for discarded pods.
5. **Veggie Chips** - Make your own by tossing thinly-sliced sweet potatoes, zucchini and kale with olive oil and a pinch of salt, then cook them on a baking sheet until lightly brown and crispy.

Fruits

6. **Orange Slices** - Cut and peel oranges ahead of time for convenience.
7. **Apples** - Serve whole, or cut them up and bring peanut butter to dip for an extra protein boost.
8. **Strawberries** - Simply wash them and bring them in their container from the store. Buy or make yogurt dip for extra protein and a dash of sweetness.



9. **Fig Bars** - Figs are a great source of fiber and vitamins to keep swimmers' energy up.

10. **Bananas** - This potassium-packed treat can help ward off sore muscles and cramping. (Another great one to pair with peanut or nut-free butter!)
11. **Frozen Fruit** - Try freezing watermelon slices or grapes for a tasty way to beat the heat.
12. **Applesauce and Fruit Pouches** - Often found in the baby food section, these portable pouches are healthy and delicious for all ages.
13. **Raisins** - The small boxes are easy to pass out to the team for a quick, sweet snack between races.

Salty “Stuff”

14. **Pretzels** - Try them dipped in peanut butter or pimento cheese.
15. **Dried Chickpeas** - Buy at the store or make them at home, where you can season with spices like turmeric and pepper.
16. **Trail Mix** - Get your swimmers involved the night before the meet by having them put together their favorite combination of pretzels, nuts, dried fruit, granola and even chocolate.



17. **Popcorn** - You may need to pop ahead of time (or borrow the microwave at the concession stand, if applicable). Look for lightly salted varieties rather than the heavy-butter stuff to save on calories.
18. **Cheese Crackers** - Make your cracker sandwiches ahead of time so swimmers can grab-and-go. Choose wheat crackers and low-fat cheese if you want a healthier option
19. **Mixed Nuts** - Every handful will deliver plenty of protein. Choose plain or lightly salted to cut down on sodium.

Protein

20. **Greek Yogurt** - Try pouches if the spoon variety is too messy for the pool deck.
21. **Peanuts** - Buy single-serve packs or divide a large package into smaller bags. These protein-packed nuts are a great and easy snack (if your team is allergy-free, of course).
22. **String Cheese** - Who doesn't love cheese? There are lots of options: mozzarella is fun to pull apart while cheddar jack has a cool speckled look.
23. **Protein Bars** - Look for varieties that are high in protein and fiber but low in sugar.

24. **Graham Crackers and Peanut Butter** - Make mini-sandwiches ahead of time or let swimmers dip crackers into the peanut butter as they go.

25. **Homemade Protein Balls** – [Online Recipes](#) — most contain a combination of nut butter, whey protein and chia seeds.



26. **Hardboiled Eggs** - These will take some prep-work ahead of time, but swimmers can peel and eat these protein-packed snacks themselves.

27. **Turkey Rollups** - Roll a slice of cheese up in a slice of deli turkey for a low carb snack.

28. **Beef Jerky** - The average piece of jerky has about 7 grams of protein, and the packs are easy to toss into a swim bag. Stay away from spicy flavors though, because the heat combined with swimmers' horizontal position can be a recipe for acid reflux.

29. **Whey Protein Shakes** - Choose a protein powder with the simplest ingredients possible, and have swimmers shake it up with water or milk in a sports bottle.

30. **Tuna Pouches** - Leave the can opener at home and opt for pouches that will be easy for swimmers to open and dip crackers in.