



THE SPORTS SNACKING EDGE

THERE'S A REASON YOU'RE HUNGRY

Long, exhausting games and practices can leave you hungry. Your body is trying to grow, get stronger and recover from exercise all at the same time. All of this takes proper fuel.

SNACK SMART

Snacking supports your muscles and keeps fuel in the tank so you are ready to perform. You need a balance of nutrient-rich carbohydrates, quality protein, and vitamins and minerals like calcium and iron to get enough calories to meet your overall energy needs.

Snacks are important between school and practices or games. For events lasting longer than an hour or where you have a day of multiple events or practices, be sure to fuel your body with snacks or small meals.



PACK HEALTHY SNACKS

SNACKS THAT NEED A COOLER

- ▶ Fruit and low fat string cheese
- ▶ Fruit smoothie made with low fat or fat free yogurt or milk
- ▶ Pita or pretzels and hummus
- ▶ Low fat or fat free chocolate milk (or lactose-free chocolate milk) and a banana
- ▶ Yogurt with fruit, low fat granola or chia seeds
- ▶ Turkey and veggies in a whole wheat pita
- ▶ Low fat cheese and crackers
- ▶ Greek yogurt and pretzels

SNACKS YOU CAN THROW IN YOUR BAG

- ▶ Apple or banana and a container of peanut/nut butter
- ▶ Trail mix with nuts, pumpkin seeds and dried fruit
- ▶ High-protein granola bars
- ▶ Peanut/nut butter and crackers