



# High Performance Snacks

**Snacks should contain mainly carbohydrates, protein, and a small amount of fat**

## Fruit/Vegetable Based Snacks

- Apple or banana with 2 tbsp peanut butter
- ¼ cup roasted peanuts with ¼ cup raisins
- Dried fruit with cereal and nuts
- Whole wheat English muffin with low-fat cheese and lunch meat
- 1 whole grain Eggo waffle with low-fat cream cheese or peanut butter and sliced bananas

## Grain Based Snacks

- 1-2 servings of whole grain crackers with 2 tbsp peanut butter
- Oatmeal with ¼ cup pecans
- 4 Fig Newtons with string cheese
- 3 cinnamon swirl rice cakes topped with yogurt and fresh berries
- 1 granola bar and 1 cup skim milk
- Whole grain cereal with milk and a piece of fruit
- Luna bar with fresh fruit
- Whole wheat pita with ¼ cup hummus
- 16 animal crackers and 1 cup low-fat milk
- ½ PB & J sandwich
- Hard boiled egg with whole wheat toast
- Popcorn with low-fat cheese
- ½ bagel with low-fat cream cheese
- String cheese with beef jerky
- Gatorade Bar

## Dairy Based Snacks

- Low-fat or fat-free yogurt with ¼ cup granola or other cereal
- 1 serving of 2% cheese cubes with 1 cup pretzels
- Low-fat yogurt smoothie and a banana
- Low-fat yogurt with 1 chewy granola bar
- Low-fat cottage cheese with fresh peaches
- Low-fat pudding and ¼ cup nuts
- 1 cup low-fat yogurt and ¾ cup whole grain cereal
- Whole wheat English muffin with low-fat cheese and lunch meat
- 1 cup chocolate milk with ½ cup trail mix
- 1 whole grain Eggo waffle with low-fat cream cheese or peanut butter and sliced bananas

## What to Avoid

- Fried foods
- High-fat meats
- Biscuits
- Spicy food
- Soda
- Whole milk
- Creamy sauces, soups, & gravies
- Protein by itself (protein bars, eggs, meat, etc)
- Refined carbs by itself (sugary cereal, cookies, etc.)

## TOP-OFF FUEL:

30-60 minutes before exercise consume about 30 grams of carbs if you need to top-off your energy stores.

Try:

2 cups Gatorade

1 piece of fruit

A granola bar

½ bagel

Fruit snacks



## Smart Snacking Tips

- Increase your daily fruit consumption by having a piece of fruit when snacking
- Increase your consumption of high-calcium foods by having a glass of milk, cup of yogurt, a slice of cheese, or a glass of calcium-fortified juice when snacking
- Always have snack options in your locker room and book bag.
- Maximize your hydration by always drinking a beverage with your snack (100% fruit juice, Gatorade, water, low-fat milk, chocolate milk, etc.) OR eat foods high in fluids such as fresh or canned fruits or yogurt.
- Have a general idea of when you will eat again – the portion of your snack should last you until the next time you will eat.

## High Calorie Snacks

- 2 cups of a homemade chocolate milkshake
- 3 cups of cranberry grape juice
- 4 fig bars and 2 cups of apple juice
- 1 piece of cheese pizza and 2 cups grape juice
- 2 peanut butter sandwiches and 1 cup of chocolate milk
- 8 packaged cheese crackers with peanut butter and 2 cups 2% milk
- 1 granola bar, ¼ cup raisins, and 2 cups pineapple juice
- 1 cup of fruit yogurt, 4 graham crackers, and 1 banana
- 1 turkey sandwich and 1 cup chocolate milk
- 2 cups of granola cereal and 1 cup 2% milk
- 2 packets of instant breakfast drink with 2 cups of 2% milk
- 1 bagel with peanut butter and jelly and a banana
- 1 ham and cheese sandwich and 2 cups orange juice

