



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

# Healthy Snacking. In a Nutshell.

## Build a Better Snack

### PRE-GAME SNACK

### POST-GAME SNACK

## Why?

## Why?

### Timing is Everything

#### Pre-training (1-2 hours before)

- High in carbohydrate (not sugar)
- Low in fat and fiber
- High in fluid content
- Moderate in protein, as tolerated
- Salty (if hot/humid weather)

#### Post-training (<1 hour after)

- High in carbohydrate (not sugar)
- Moderate in fat
- High in fluid content
- Moderate to high in protein
- Salty (if you sweat a lot)

*Post-Training Tip! Aim for 3-4:1 ratio of carbohydrates to protein (3-4 grams of carbohydrate for every gram of protein)*

Whether you're a beginner athlete or a highly competitive one, getting enough of the right nutrients at the right time is crucial for optimal performance.

Athletes need a varied diet including well-balanced, well-timed snacks.

Healthy snacks can help meet the increased calorie and nutrient needs of maintaining/gaining lean body mass.

Snacks can boost stamina and endurance and help with training adaptation.

Calories from snacks should be from quality nutrients, not from a lot of sugar and unhealthy snacks.

### What Do Athletes Need More Of?

Whole grains, vegetables, fruits, lean meats, low-fat dairy, and especially plant based proteins.



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

### In a nutshell, nuts are great snacks for athletes!

Nuts are high in heart-healthy fats, fiber, vitamins, phytonutrients, and protein.

49 Pistachio kernels = 1-ounce serving.

#### Quick Recipes

Power Smoothie: Mix Greek yogurt with frozen berries in a blender. Add honey or agave nectar for more sweetness if desired.

Super Wraps: Fill a whole wheat tortilla with any or all of these ingredients: hummus and/or black beans, vegetables of choice, low-fat cheese, low-fat dressing or Greek yogurt, lean sliced meat or egg, chopped nuts, like pistachios.

#### Tips for Successful Snacking

Pack a snack bag each night to take to work.

Keep a "snack attack" area, drawer at work, locker, or car for times when you can't plan ahead.

Freezing items until just before you leave for work or school will help keep them cool and fresh.

#### Snack Ideas for Athletes

Edamame

Trail mix

Raw veggies or fruit with yogurt based dip

Brown rice bowl with black beans and low-fat cheese

Rice cakes with banana & nut butter

Garbanzo or black bean purees with veggies

Fruit and nut salad

½ whole wheat bagel with egg and low-fat cheese

Salmon and nut spread with whole wheat crackers

Baked potato with salsa and cottage cheese

Oatmeal topped with fruit and nuts

Turkey and lettuce roll ups

Whole wheat banana/flaxseed muffins

Please take a few minutes to complete the evaluation of the presentation by using this link:

<http://www.surveymonkey.com/s/QL926P3>