

# Healthy Snacking. In a Nutshell.

How Does Your Backpack Stack Up?

Fresh fruit

Chips

Nuts

Crackers

Energy bar

Water

Sports dr

Pretzels

Trail-mix

Cookies

Beef jerky

Soda



Pick two *healthy* snacks from the list provided then add three ideas of your own!



## How do snacks help me perform better as an athlete?

- Snacks can help meet the increased calorie and nutrient needs of growth and sport.
- Snacks can boost stamina and endurance and improve athletic performance.
- Calories from snacks should be from quality nutrients, not from a lot of sugar and unhealthy fats.

### So what if I don't eat healthy?

- Fatigue/suboptimal performance
- Poor growth
- Loss of muscle mass/bone density
- Increase risk of illness, inflammation, and injury
- Longer healing time

Instead of this....	Try this...
Soda	Sports drink or choc milk
Chips	Trail-mix or pretzels
Candy Bar	Fruit/nut bar

### Timing is Everything

#### Pretraining (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)

#### Posttraining (<1 hour after)

High in carbohydrate (not sugar)

Moderate to high in protein

Moderate in fat

High in fluid

Salty (if very sweaty)

### TRAIL MIX FIX

Pick one or two of your favorite types of the three ingredients listed below. Mix together and separate into individual snack sized bags.

Whole nuts (such as pistachios)

Dried fruit (without added sugar)

Whole grain cereal (or pretzels)

***Are you a team captain or want to be? Then take the lead and be a good role model for your teammates and make smart snack choices. Help your team excel by you showing up every day, well-fueled so you can perform your best!***



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