Healthy Snacking. In a Nutshell.

Build a Better Snack

**PRE-GAME SNACK**

**POST-GAME SNACK**

**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.

---

**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.

---

**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

---

**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.