Healthy Snacking.  
In a Nutshell.

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

- Fresh fruit
- Chips
- Nuts
- Crackers
- Energy bar
- Water
- Sports drink
- Pretzels
- Trail-mix
- Cookies
- Beef jerky
- Soda
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

<table>
<thead>
<tr>
<th>Instead of this...</th>
<th>Try this...</th>
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</thead>
<tbody>
<tr>
<td>Soda</td>
<td>Sports drink or choc milk</td>
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<tr>
<td>Chips</td>
<td>Trail-mix or pretzels</td>
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<tr>
<td>Candy Bar</td>
<td>Fruit/nut bar</td>
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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!