

On the Go Snack Ideas



- **Remember these tips**
 - Do not try new foods on a game day. Know what upsets your stomach and avoid those items
 - Eat a snack 30-60 minutes before practice or game
 - Will help you feel less hungry
 - Will help maintain blood sugar levels
 - Give you an extra “boost” of energy
 - Avoid spicy, fried, creamy, and caffeinated food items before a game or practice
- **Healthy snack ideas**
 - Eggs (1-2) on whole grain toast
 - Graham crackers with peanut butter + apple
 - Bagel, english muffin, crackers, or toast with peanut butter
 - Oatmeal with low fat milk- add jelly, fruit, nuts, or peanut butter
 - Half turkey, chicken, tuna or chicken salad sandwich
 - Half peanut butter/jelly or banana sandwich
 - Granola bar or two depending on the size
 - Yogurt parfait with fruit and granola
 - Cottage cheese with fruit
 - Pretzels with peanut butter
 - Plain rice cake with peanut butter and applesauce
 - Bowl of whole grain cereal with milk
 - String cheese or any cheese portion with pretzels or crackers
 - Plain noodles or rice with choice of non-spicy seasonings
 - Low fat muffins- any variety
 - Fruit smoothie with low fat yogurt, fruit, dry oatmeal, and milk
 - 3 cups of popped popcorn (light butter if possible)
 - Piece of fruit with peanut butter rolled in coconut

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