

Healthy Snacks for Athletes:

Pre-Packaged/Convenience

<u>Snack Ideas</u>	<u>Serving Size</u>	<u>Nutrition Facts</u>
	Bars / Shake / Chips	
Pita and Hummas	1 oz, 4 tbs	150kcal, 4g fat, 24g carb, 4.5g pro.
Lara Bar	1 bar	190kcal, 8g fat, 28g carb, 4g pro
Nature Valley Bar	1 package = 2 bars	180kcal, 6g fat, 30g carb, 4g pro
Kashi TLC "Chewy" or "Fruit and Grain" Bar	1 bar	130kcal, 3.5g fat, 21g carb, 6g pro
Clif Z Bar	1 bar	130kcal, 4g fat, 24g carb, 3g pro
NutriGrain Bar	1 bar	130kcal, 3g fat, 25g carb, 2g pro
PowerBar Pria	1 bar	110kcal, 3g fat, 17g carb, 5g pro
Quaker Chewy With Protein Granola Bars	1 bar	110kcal, 3g fat, 18g carb, 5g pro
Pretzels	1 snack bag (1.5oz)	160kcal, 0g fat, 35g carb, 4g pro

*some bars may vary slightly in nutritional value depending on flavors

Protein Additions: Adding a protein source to some of the lower protein snack ideas above can help you feel full, stabilize blood sugars, and provide a more well balanced snack.

<u>Snack Ideas</u>	<u>Serving Size</u>	<u>Nutrition Facts</u>
Crackers and Tuna	6 crackers, 1/4 cup tuna	180kcal, 5.5g fat, 20g carb, 16g pro
Mozzarella String Cheese	1 tube	80kcal, 5g fat, 1g carb, 8g pro
Chocolate Skim Milk - Recovery only	8oz	80 kcal, 8g fat, 12g carb, 8g pro
Peanut Butter	1tbps	90kcal, 8g fat, 3g carb, 4g pro
Nuts	1/2 oz	100kcal, 9g fat, 3g carb, 3g pro

<u>Snack Ideas</u>	<u>Serving Size</u>	<u>Nutrition Facts</u>
Fruit and Low Fat Cottage Cheese	1/2 cup each	
Mozzarella String Cheese	1 tube	80kcal, 5g fat, 1g carb, 8g pro
Chocolate Skim Milk - Recovery only	8oz	80 kcal, 8g fat, 12g carb, 8g pro
Peanut Butter	1tbps	90kcal, 8g fat, 3g carb, 4g pro
Nuts	1/2 oz	100kcal, 9g fat, 3g carb, 3g pro

Fruit/Vegetable Additions: Adding fruit and/or vegetables to a snack will not add many calories, yet will add many good vitamins and minerals vital for performance and health

Snack Ideas	Serving Size	Nutrition Facts
Babby Carrots	1/2 cup (12 sticks)	35kcal, 0g fat, 8g carb, 1g pro
Broccoli/Cauliflower	1 cup	19kcal, 0g fat, 4g carb, 2g pro
Sliced Peppers	1/2 bell pepper	15kcal, 0gfat, 3.5g carb, 0g pro
Celery Sticks	2 full stalks	13kcal, 0g fat, 2g carb, 1g pro
Banana	1 medium	105kcal, 0g fat, 27g carb, 1g pro
Apple	1 medium	80kcal, 0g fat, 22g carb, 0g pro
Mixed Berries	1 cup	70kcal 1g fat, 16g carb, 1g pro
Grapes	1 cup	60kcal, 0g fat, 15g carb, 0g pro