

St. Vincent Sports Performance - Healthy Snacks for Athletes

<u>Snack Ideas</u>	<u>Serving Size</u>	<u>Nutrition Facts</u>
Trail Mix	1/4 cup dried fruit 1 oz mixed nuts 1/2 lowfat granola	500cal, 17g fat, 80g carb, 11g pro
Graham Crackers and Peanut Butter	2 full sheets 2 tbsp	240 cal, 11.5g fat, 27g carb, 6g pro
1/2 PB & J	1 slice whole wheat 1 tbs pb and 1 tbs jelly	230cal, 9g fat, 31 carb, 7g pro
English Muffin Pizza	English Muffin - Wheat 2 tbsp sauce 1/4 cup mozz cheese	200cal, 5g fat, 27g carb, 11g pro
Crackers and Tuna (packed in water)	6 Triscuits 2oz (1/4 cup)	180 cal, 5.5g fat, 20g carb, 16g, pro
Low Fat Chocolate Milk	8 oz	170cal, 3g fat, 28g carb, 9g pro
Fruit and Low Fat Cottage Cheese	1/2 cup each	170cal, 2g fat, 21g carb, 15g pro
Baked Tostilla Chips and Salsa	12-15 baked chips 1/2 cup salsa	170cal, 1g fat, 36g carb, 5g pro
Cheese Toast	1 slice of bread 1 oz cheese	170cal, 8g fat, 16g carb, 10g pro
Yogurt and Almonds	6oz yogurt 12 almonds	160cal, 7g fat, 17g carb, 9g pro
Whole Grain Crackers and 2% Cheese	6 crackers 1 slice	160cal, 8g fat, 20g carb, 8g pro
Sliced Boiled Egg on Triscuits	1 egg 4 crackers dash of paprika	155cal, 8g fat, 13g carb, 8g pro
Bagel and Cream Cheese (low fat)	1/2 medium bagel 1 tbsp cream cheese	150cal, 3g fat, 25g carb, 7g pro
Popcorn (94% fat free) and Parmesan Cheese	4 cups popped	150cal, 6g fat, 15g carb, 8g pro

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	2 tbsp	
Pita and Hummus	1/2 pita 4 tbsp hummus	150cal, 4g fat, 24g carb, 4.5g pro
Apple or Bannan and Peanut Butter	1 small fruit 1 tbsp pb	150cal, 8g fat, 18g carb, 4g pro
Tortilla Roll Up	6" tortilla 1 tbsp low fat cream cheese 4 slices cucumber/spinach	120cal, 5g fat, 15g, carb, 4g pro
1/2 sandwich	1 slice of bread 1oz meat mustard	120cal, 1g fat, 20g carb, 10g pro