**Recovery Snack Ideas**

Here are some healthful recovery choices that offer carbohydrate, protein, sodium and potassium post-practice or post-competition:

* Apple juice + Fig Newtons + salted almonds
* Yogurt + orange juice or fresh fruit + salted pretzels
* Chocolate milk + salted crackers
* Bagel + apple + cheese or peanut butter
* Hot or cold cereal + milk or soymilk + banana or raisins
* Pasta + tomato sauce + meat, seafood, chicken, or cheese
* Pancakes + blueberries + maple syrup
* Fruit + milk + fruit yogurt + a pinch of salt (in a smoothie)
* Vegetable, bean, or noodle soup + bread or crackers + milk
* Small hamburger, soy burger, or turkey sub + orange juice
* Baked potato + cheese + ketchup or salsa
* Thick-crust cheese or veggie-cheese pizza