**Athlete Snack and Meal Ideas**

It is important to include primarily carbohydrates to replenish muscle glycogen and a small amount of protein to repair muscle tissue in the post-event snack. A 2:1 to 4:1 ratio of carbohydrates to protein stimulates insulin, which helps glucose transform into muscle glycogen.

**Snack Suggestions:**

* Hummus, pita, and baby carrots
* Trail mix with granola, nuts and dried fruit
* Grape-Nuts with greek yogurt and fresh or frozen blueberries
* Instant oatmeal made with low-fat milk and slivered amonds
* A 100% whole-grain english muffin with nut butter and a latte
* Apple and peanut butter or cheese
* Fruit smoothie with nut butter
* Fruit smoothie with yogurt/milk and pretzels
* Hummus with veggies and whole grain pita bread
* Yogurt and fruit
* Chocolate milk
* 100% fruit juice with protein powder
* Rice cakes with almond butter and apples
* V8 juice and a turkey sub sandwich
* Cran- apple juice, string cheese and some crackers
* Bowl of Cheerios with milk and a banana
* Whole grain crackers with cheese and grapes
* Raisin bread and a banana
* Turkey and veggie roll-ups
* Half a whole grain bagel with cream cheese
* PB & J sandwiches
* Tortilla chips with salsa and bean dip
* Fresh vegetables and dip
* Rice cakes with almond butter and apples
* Whole wheat fig bars
* Sports drink
* Green Smoothie
* Oatmeal cookies

**Meal suggestions:**

* Bean and cheese quesadilla
* Chicken and Rice with veggies
* Sandwiches with low-fat fillings (example: Turkey sandwich)
* Whole grain pasta with meatballs
* Pasta or rice with tomato sauce and chicken or very lean meat in sauce
* Whole grain bagel and cream cheese
* Peanut butter and jelly sandwich on whole grain bread
* Chicken noodle soup

**Good Carbohydrate-protein ratio examples:**

* 3 scrambled eggs + a bowl of oatmeal with maple syrup
* 16 ounces of chocolate milk + energy bar
* Peanut butter and honey sandwich + a yogurt
* Fruit smoothie (1c sweetened Greek yogurt + banana + berries)
* Turkey sub + grape juice

1. Lair, C., & Murdoch, S. (2012). *Feeding the young athlete: sports nutrition made easy for players, parents and coaches* (Rev. and expanded ed.). Bellevue, WA: Readers to Eaters.
2. Benardot, Dan. Advanced Sports Nutrition, Fine-tune your food and fluid intake for optimal training and performance. Human Kinetics. Second Edition. 2012.
3. Nancy Clark’s Sports Nutrition Guidebook, fourth and fifth edition. Human Kinetics. 2014.