

# Fuel for the Pool

## Grocery Snack List

- 30-60 minutes before competition, choose carbohydrate-rich snacks (also includes Zbars, Clif bars, Chews/Gels, Applesauce or Gatorade). Some protein is okay, if tolerated.
- Combine protein and carbohydrates for optimum recovery.
- Use fats in moderation for mid-day snacks and at meals.

### **Carbohydrates:**

Goldfish/Pretzels/Popcorn (Low-fat, Salty Snacks)

Dried or fresh fruit, fruit cups, applesauce

Pressed fruit bars

Zbars/Nutrigrain/Fig bars

Clif bars (also have 10g protein)

Cereal/Oatmeal (add milk for protein)

Whole-grain Crackers/Graham Crackers

Bagels/Bread/English Muffins

Gatorade/100% Fruit Juice

### **Protein:**

Beef Jerky

Hard Boiled Eggs (keep in fridge)

Cheese Sticks (keep in fridge)

Sliced Deli Meat (keep in fridge)

Edamame (keep in fridge if fresh vs. roasted)

Veggie Burger (keep in freezer; microwaveable)

### **Combination Foods:**

Trail Mix (fat/protein/carbs)

Peanut Butter Packets (fat/protein)

Peanut Butter Crackers (fat/protein/carbs)

Protein Bars (protein/carbs)

Milk or Chocolate Milk (protein/carbs - keep in fridge)

Greek yogurt/Yogurt Smoothies/Kefir (protein/carbs - keep in fridge)

