

## Smart Snacking For Athletes

A good nutrition plan includes a healthy breakfast, lunch and dinner, as well as a couple of nutrient-packed snacks in between. If you're going more than 3 or 4 hours between meals, try to grab a small snack to maintain good energy levels. Eating frequently throughout the day is the best way to rev up your metabolism, as well. Snacking between meals can increase your energy levels and improve performance.

- Sandwich – lean turkey, ham, roastbeef, or chicken breast on 2 slices of whole grain bread. Light on mayo, mustard and ketchup are ok.
- Peanut butter and jelly (use a light jelly or Polaner All Fruit) on whole wheat bread
- **Energy Bar** – Cup of Gold, Balance, or Zone Bar ~ less than 200 calories
- Whole wheat crackers (i.e. Triscuits or Triscuit Thins)  
Top with cheese or peanut butter for added protein
- Beef jerky – dried, in bags – about ¼ bag at a time
- Nuts – ~15 cashews, almonds, peanuts, pistachios yields ~100 calories
- Small cup of cottage cheese – can add fresh fruit and/or sunflower seeds
- Fresh fruit, with a source of protein and/or fat: nuts, cheese, peanut butter
- Baked chips with salsa – top with a little 2% shredded cheddar for more protein
- Fold-over sandwich on whole wheat with turkey, ham, roast beef, chicken
- Fun treats – 12 peanut M&M's, or 1 Fun Size candy bar have only 100 calories!
- ½ - 1 cup of "No Sugar Added" Applesauce (ex. Mott's or Musslemans)  
with 1 tablespoon of Peanut Butter or 1oz of low fat cheese
- 1 cup of Yogurt (ex. Blue Bunny Light or Carb Freedom) with 1 tablespoon of Peanut Butter
- Smoothie: Take 1-2 spoons of peanut butter (about 2 tablespoons)  
8-12 ounces of Skim or 1% Milk  
Fresh Fruit (Banana or strawberries)  
Blend with Ice and serve.