Smart Snacking for Athletes

Fuel Between Meals

Why Snacks Matter

Athletes need to eat every 3-4 hours to:

- Maintain energy levels
- Support muscle recovery
- Prevent overeating at meals
- Stay focused in class and practice

Snack Timing

When	What
Mid-morning	If 4+ hours between breakfast and lunch
After school	Before practice
Post-practice	Recovery snack
Evening	If dinner was early

Snack Building Blocks

Best snacks combine:

- Carbs (energy) + Protein (staying power)

Carb	+	Protein
Apple	+	Peanut butter
Crackers	+	Cheese

| Banana | + | Greek yogurt |

| Granola bar | + | String cheese |

| Pretzels | + | Hummus |

Pre-Practice Snacks (30-60 min before)

| Focus: Easy to digest carbs |

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| Banana |

| Granola bar |

| Applesauce pouch |

| Pretzels |

| Graham crackers |

| Fig bars |

Post-Practice Snacks

| Focus: Carbs + Protein |

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| Chocolate milk |

| PB&J sandwich |

| Trail mix |

| Yogurt + granola |

| Cheese + crackers + fruit |

Snacks to Keep in Your Locker

| Non-Perishable |

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| Granola bars |

| Trail mix |

| Peanut butter packets |

| Dried fruit |

| Pretzels |

| Crackers |

Snacks to Keep in Your Bag

| For Practice |

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| Banana |

| Applesauce pouch |

| Sports drink |

| Energy chews |

| Fig bars |

Portion Guide

| Snack Size | When |

|---|---|

| Small (100-150 cal) | Light day, not very hungry |

| Medium (200-300 cal) | Normal training day |

| Large (300-400 cal) | Hard training, very hungry |

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