Snacks

Why are snacks important?

- Eating every 3-4 hours, throughout the day, is the best way to meet your energy needs, increase your metabolism, and stay fueled for practice and competition.
- Snacking can be a helpful way for athletes to build muscle and recover after an intense training session or competition. Unhealthy foods that are high in sugar, sodium, and inflammatory fats can interfere with recovery and may reduce athletic performance. For a healthy snack, opt for fruits and vegetables with whole grains, lean protein, moderate amounts of heart healthy fats, and/or low-fat dairy.

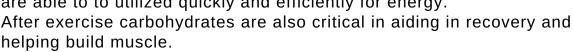### Fueling during the day- Eat frequently to fuel performance

Athletes have unique needs that set them apart from non-athletes. This is how an athlete should be fueling during the day compared to non-athletes:

Meal pattern for rest and activity			
Basic eating:	Breakfast	Lunch	Dinner
Sports Eating	Breakfast	Lunch	Dinner
+ Add ins:	Pre exercise/post exercise	Pre-exercise/post exercise	Snack if needed OR breakfast before bed for early AM workout

What makes a good snack?

HIGH IN CARBOHYDRATE

Carbohydrate is the body's preferred fuel source. It is an important fuel for athletic performance. This is especially true for swimmers who often do workouts that are at a high intensity in which carbohydrates are able to to utilized quickly and efficiently for energy.
After exercise carbohydrates are also critical in aiding in recovery and helping build muscle.

MODERATE IN PROTEIN

Protein is important for muscle growth and repair. If you are consuming a snack immediately before a workout, be careful not to get too much protein as it may cause stomach upset. After a workout make sure to get a snack that has a good amount of protein as well as carbohydrate to help stimulate the recovery process.

MODERATE/LOW IN FAT

Fat is a fuel source and can be used at lower intensities. It is also critical for brain health and for vitamin and mineral absorption. Be careful not to consume too much fat immediately prior to a workout as it is harder to digest and may cause stomach upset.

Easy Snack Ideas

- Hummus and colorful veggies
- Sunflower seeds or almonds and an apple
- Meat sandwich made with lean turkey, ham, chicken breast with 1-2 slices of whole grain bread
- Peanut butter and jelly sandwich
- Energy bars
- Whole wheat crackers topped with peanut butter or cheese
- Beef jerky along with crackers, fruit, veggies
- Nuts (1/4 cup or about 15 nuts), add some fruit for carbohydrate
- Small cup of cottage cheese with fruit and/or sunflower seeds
- Fresh fruit with a source of protein (nuts, seeds, string cheese, peanut butter, hummus)
- Baked chips with salsa- top with a little cheese for more protein
- Tortilla roll up- a tortilla rolled up with turkey, ham or cheese
- English muffin pizzas- cut in half and top with pizza sauce, cheese, and veggies then cook in oven or toaster oven until cheese in melted
- Quesadilla- small corn tortilla or two with cheese, veggies, avocado, and salsa. Microwave or cook on stove top until cheese is melted.
- Granola bar- add a handful of almonds for more protein
- Greek yogurt with granola
- Plain yogurt with fruit
- Trail mix with nuts and dried fruit
- Unsweetened apple sauce
- Hard boiled egg with side of fruit or crackers
- 1 slice of toast topped with 1 egg
- Wrap smoked salmon around a whole-wheat pretzel rod
- Chickpea Poppers: Thoroughly dry canned chickpeas. Spritz with extra-virgin olive oil, season with dried oregano and garlic salt and roast at 400° until crisp.
- Tuna with crackers
- Healthy smoothie: yogurt, fruit, and milk
- Peanut butter protein balls: 1 cup of oatmeal, 1/4 cup honey, 1 cup oats, 1/2 cup of chocolate protein powder. Mix all ingredients together and roll into golf ball sized balls. Refrigerate.
- 1 whole grain waffle with peanut butter
- 1/2 sweet potato topped with raisins and walnuts
- Baked potato topped with plain Greek yogurt, cheese, and salsa
- Instant oatmeal with nut butter such as almond butter or peanut butter