



Powered by Protein



FUELING SNACKS

Athletes should be eating multiple meals and snacks throughout the day to help keep their bodies well-fueled, energy levels up, and to provide all of the macro- and micronutrients the body needs to function, grow, develop, and perform.

Snacks are a great time to fill in nutrient gaps and/or provide a food group that might be missed at other meals. Think of snacks as “mini meals” and an opportunity to get in extra nutrients.

An athlete's snack should contain at least two food groups, carbohydrates and protein.



EXAMPLES OF SNACK COMBINATIONS:

DAIRY + GRAIN

DAIRY + FRUIT

PROTEIN + GRAIN

PROTEIN + FRUIT

**VEGGIES CAN BE
ADDED TO ANY AND
EVERY SNACK!**

Thomas, Travis D et al. (2016). Med Sci Sports Exerc. 48(3):543-568.
Nutrition and Athletic Performance Position Stand.

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5 KEYS TO PACKING SNACKS:

1. PACK AHEAD!

If you have a busy week ahead, use the weekend to make snack baggies of nuts, fruit, beef jerky trail mix, whole grain crackers, and more.

2. ADD COLOR!

Look for a way to add color to your snacks with fruits and vegetables.

3. PACK WITH PROTEIN!

Protein not only helps build and repair lean muscle mass, but it also helps slow down digestion giving you more sustained energy throughout the day. Whether you are bringing a refrigerated protein like yogurt, cheese, hard-boiled eggs, or a shelf-stable protein like beef jerky, peanut butter, or nuts, make sure your snack is powered with protein.



4. KEEP IT COOL!

If you are bringing a refrigerated snack, be sure you have a cooler or insulated lunch box to keep it in. Cold foods should not be left out of refrigeration for more than 4 hours total.

5. SET AN ALARM!

You may forget to eat snacks throughout the day and find yourself running low on energy in workouts and practices. Get in the habit of fueling your day with snacks by setting an alarm on your phone or watch to remind you when it's snack time.

SHELF-STABLE SNACKS	REFRIGERATED SNACKS
Beef jerky and a fruit	Apple slices with peanut butter-yogurt dip
Beef jerky and a granola bar	Hummus with pretzels and sliced veggies
Peanut butter filled pretzels with grapes	Cheese stick with apple slices
Nut mix with a banana	Whole grain crackers with turkey and cheese
Beef jerky trail mix with nuts and dried fruit	Greek yogurt with berries and granola
Blueberry muffin with almond butter	Hard-boiled egg and a fruit
Whole grain granola bar and nuts	Whole grain granola bar and hard-boiled egg
Whole grain crackers and peanut butter	Half roast beef/turkey and cheese sandwich
Popcorn trail mix with granola and nuts	Whole grain toast with ricotta cheese and jam
Energy bar and a fruit	Smoothie with milk, yogurt, and fruit