

Snack Attack

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Snacking is a great way to fuel the body and keep hunger in check. Choosing healthy snacks can be overwhelming given the countless options available on store shelves. Remember to keep it simple and plan ahead!

Timing: Eating a mid-morning snack and an afternoon snack in addition to 3 regular meals may improve mood and boost performance. Blood sugar levels start to drop after a period without food, which can lead to a sluggish feeling and decreased concentration. Athletes want to feel energized and focused so they can perform at their best. Try to eat a snack every 3-4 hours.

What to Reach For: In order to give 100% athletes need carbohydrates, protein and healthy fats. Carbohydrates give your brain and muscles the energy they need while protein helps with muscle repair. Make it a goal to include at least a carbohydrate and lean protein in your snack. Consider it a power snack if you include a carbohydrate, lean protein and a healthy fat. Choose a snack between 200-300 calories.

Snack Ideas: Have fun picking creative snacks and remember to have a variety! You may need to plan ahead on Sunday to take some of the chaos out of a busy week. Wash and prep fruit, pack snack bags and assemble a bag of your own trail mix. Get your athletes to help out too!

- ✓ Low-fat or fat-free chocolate milk
- ✓ Apples with peanut butter
- ✓ Half a turkey sandwich on whole-wheat bread
- ✓ Greek yogurt with cereal on top
- ✓ Trail mix- dried fruit, pretzels, sunflower seeds, cereal
- ✓ Whole-wheat crackers and peanut butter
- ✓ Oatmeal and fruit
- ✓ Peanut butter and jelly sandwich on whole-wheat bread
- ✓ Granola bars- look for a short ingredient list with as little sugar as possible
- ✓ Low-fat popcorn
- ✓ Hummus and vegetables

