

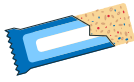
Snacking for Champions

Sports Snacks

Stuck on what to grab for your athlete's sports snack?
Here's a helpful list of options to consider to keep your athlete fueled.

FLUIDS	WATER, SPORTS DRINK	 
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PRE-SPORT SNACK

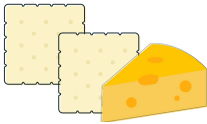
WHEN TO EAT	30 - 60 minutes before sport.		
WHAT TO EAT	SIMPLE CARBS, FLUIDS, ELECTROLYTES		
EXAMPLES	FRUIT 	GRANOLA BAR 	FRUIT SNACKS 
	PRETZELS 	PB + WHITE BREAD 	

MID-SPORT SNACK

WHEN TO EAT	When training or competition is 60+ minutes.		
WHAT TO EAT	SIMPLE CARBS, FLUIDS, ELECTROLYTES		
EXAMPLES	PRETZELS 	ORANGE SLICES 	APPLE SAUCE 
	DRIED FRUIT 	ENERGY GELS 	GRAPES 

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POST-SPORT SNACK

WHEN TO EAT	30-60 minutes after sport.	
WHAT TO EAT	CARBS, PROTEIN, FLUIDS	
EXAMPLES	CRACKERS + CHEESE	CHOCOLATE MILK + BANANA
		
EXAMPLES	GRILLED CHICKEN WRAP	GREEK YOGURT AND BERRY SMOOTHIE
		



TOP TIP

Your athlete shouldn't try new snacks or drinks on the day of a competition! They should test them out on practice days first.