

# Teen Athletes Suggested Snack List: *Training/Practice Day*

## Healthy Carbs

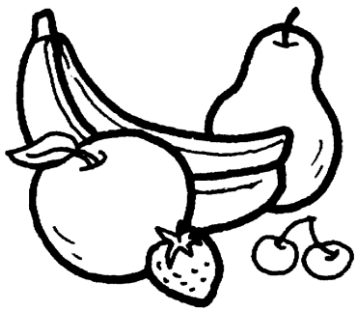
Healthy Carbs = **before** exercise

- Applesauce cups or pouches
- Blue Diamond crackers
- Crunchmaster crackers
- Dried fruit without added sugar: *raisins, apricots, plums, dates, figs*
- Fresh fruit
- Made Good Granola and Granola Bites
- Mary's Gone crackers
- Nature's Bakery Fig or Fruit Bars
- Nature Valley Crunchy Granola Bars
- Nutrigrain bars
- Popcorn: *Skinny pop, Boom Chicka Boom, Smart Food*
- Stretch Island Fruit Leather
- Sweet potato crackers
- Thomas' or Pepperidge Farm 100% whole wheat: *bagels, mini-bagels and English muffins*
- Triscuits
- Wheat Thins
- Whole grain dry cereal: *plain cheerios, mini wheats/shredded wheat, wheat chex, Oatmeal squares*
- Z-Bars

## Protein

Healthy Carbs + Protein =  
**after** exercise

- Cheese: *cheese sticks, fresh mozzarella, cottage, ricotta*
- Edamame
- Hard boiled eggs
- Jerky
- KIND bars
- Lifeway Kefir
- Milk: *Dairy/Soy/Ripple (white or chocolate)*
- Nuts
- Other protein bars
- Peanut Butter/Nut Butter
- Seeds/Seed butter
- Soy nuts
- Trail mix
- Yogurt: *tubes, pouches (Go-Go Squeeze yogurts don't need refrigeration), cups*



# Teen Athletes Suggested Snack List: *Competition Day*

## Pre-event:

- Animal crackers
- Bagels – any type
- Belvita
- Chex mix
- Dried fruit (*without added sugar*)
- Fruit
- Fruit leathers (100% fruit)
- Gardetto's
- Honey
- Jam
- Pretzels
- Rice krispy treats
- Rice rollers
- Yogurt: *tubes, cups, pouches (some are refrigeration-free such as Go-Go Squeeze)*