

PERFORMANCE SNACKS

Portable mini-meals for energy between meals and around training.

A useful everyday snack pairs carbohydrate for energy with protein for staying power and recovery. Add fruit or vegetables and fluids when they fit your needs.

Build it

CARBOHYDRATE	PROTEIN	OPTIONAL COLOR	FLUID
fruit, cereal, pretzels, bread, crackers	yogurt, milk/soy, nuts, eggs, hummus	fruit or vegetables	water or planned training beverage

Mix-and-match ideas

SHELF-STABLE •Trail mix with cereal, dried fruit, nuts/seeds. •Peanut butter crackers + fruit cup. •Tuna pouch + crackers + applesauce. •Granola/protein bar + banana.	NEEDS REFRIGERATION •Greek yogurt + granola + fruit. •String cheese + pretzels + apple. •Hummus + pita + vegetables. •Chocolate milk or soy milk + banana.
VENDING / CONVENIENCE •Fruit-and-nut mix + crackers. •Peanut butter crackers + 100% juice. •Pretzels + peanuts + fruit cup. •Cereal bar + shelf-stable milk/soy milk.	QUICK RECOVERY •Smoothie with fruit + Greek yogurt/protein. •Chocolate milk + cereal bar. •Yogurt parfait + granola. •Nut-butter sandwich + milk/soy milk.

Timing: Closer to training, keep the snack smaller and easier to digest. After strenuous training, prioritize carbohydrate + protein + fluids, especially when the next meal or session is not soon.



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