

ATHLETE SNACK GUIDE

Simple snack ideas for practice days, school, and recovery

Build a balanced snack

When possible, pair an energy food (carbohydrate) with a protein-rich food. Add fluids and produce when practical.

Easy combinations

- Greek yogurt + berries or other fruit
- Apple or banana + peanut or seed butter
- Whole-grain crackers + cheese or turkey
- Trail mix with nuts/seeds + dried or fresh fruit
- Hummus + pita or whole-grain crackers + vegetables
- Oatmeal + milk or yogurt + fruit
- Turkey sandwich or wrap + fruit
- Smoothie made with fruit + yogurt or milk

Packable options

- Fruit + shelf-stable protein-rich snack
- Whole-grain snack bar + fruit
- Pretzels + cheese or yogurt
- Nut/seed mix + fruit
- Sandwich or wrap + water

Parent tip

Keep 2–3 reliable options available so athletes can choose without making food a last-minute decision.

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.