



## Snacks

### Carbohydrates:

Pretzels/crackers	Granola bars/granola
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High-carb energy bars	Graham crackers/ vanilla wafers
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Bagels/bread slices	Fresh fruit/dried fruit
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Popcorn	Sliced vegetables (e.g., carrots, peppers )
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Fig bars

### Proteins:

String cheese/ cottage cheese	Hummus dip
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Tuna or chicken salad kits	Hard-boiled eggs
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Pudding	Luncheon meat
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Nuts

### Salt Sources:

Pickles	Broth Soups/bouillon cubes
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### Portable Food Sources:

Peanut butter crackers	Hummus and pretzels
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"Go Picnic" snack boxes	Trail mix (nuts & dried fruit)
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## Hydration Options

Bottled water

Flavored seltzer waters

Sports drinks

Fruit/vegetable smoothies

100% natural fruit juice

Tomato juice

Low-fat chocolate milk

## Sports & Food Timing

### Hour Before Practice/Match

Carbohydrate-rich, low-protein energy bar  
(e.g., original Power Bar or Clif Bar)

### During Practice/Match

Energy gels (caffeine free)

Sports jelly beans

Pretzels

### After Practice/Match (within 30-45 min.)

Balanced protein drinks that contain no more than 30% of the calories from protein sources, such as Boost, Ensure, Gatorade Recovery, etc.

Protein bar

Low-fat chocolate milk