

TOP 10 SNACKS FOR ATHLETES

#10 carrot sticks & hummus

#9 cereal with low-fat milk

#8 string cheese & whole grain crackers

#7 smoothies

#6 pretzels

#5 low-fat chocolate milk or yogurt

#4 trail mix

#3 fresh fruit

#2 granola or fruit & nut bars*

#1 peanut butter & jelly -or- turkey & cheese sandwich

BEST CHOICE PRE WORK-OUT = 2,3,6,7**

BEST CHOICE POST WORK-OUT = 1, 4, 5, 7, 8, 9, 10

*Recommended bars include LARA, Kashi and Nature Valley

**Best to have a smoothie with just fruit or fruit & nonfat dairy pre workout