



NUTRITION:

Snacks on-the-go for athletes

Youth athletes often need to juggle training and competitions with classes, studying, and other extracurricular activities. Although it may sometimes be difficult to eat the proper foods, provided is a list of sport friendly, non-perishable, portable snacks that you can make available throughout the day (before, during, or after exercise). Remember that frequent fueling with healthy snacks and fluids keeps your muscle stock piled with for instant energy.

DRINKS	Liquid supplement (frozen)
SNACKS	<ul style="list-style-type: none"> Dried fruit Granola cereal Granola bar or protein bar Mixed nuts Peanut butter sandwich Pretzels Graham crackers Popcorn Crackers Fig cookies Animal crackers Fruit/Canned Fruits Turkey Jerky Low fat muffins or banana bread Instant brown rice Pita chips
TRAIL MIX RECIPE	<ul style="list-style-type: none"> 1/2 cup mixed nuts 1/2 cup dried fruit (ex. raisins) 1 cup oat cereal (or Cheerios)

For more information, call 832-22-SPORT (77678) or visit texaschildrens.org/sportsmed

