

SNACK IDEAS

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AMOUNTS DEPEND ON TRAINING INTENSITY/DURATION, BODY SIZE & ATHLETE'S GOAL(S)

3-4 Hours before Training

KEY POINTS:

- Whole food carbohydrates
- Moderate Protein
- Serving of healthy fat
- Nutrient dense foods

Salad Parfait with a Sandwich: Throw in your Tupperware container

a) Mixed greens (romaine lettuce, spinach)

b) Cherry or grape tomatoes

c) Baby carrots

d) 1-2 tbsp olive oil based salad dressing

Sandwich: 2 slices of whole grain bread, lean meat, mustard, ¼ avocado

Leftovers: Pasta with tomato / meat sauce, 1 individual yogurt container, 1-2 pieces of fruit

Hummus, veggies, chicken pita pocket

¼ - ½ cup of hummus spread in pita

Sliced chicken breast stuffed in pita

1 cup of veggies stuffed in 1 whole-wheat pita serving of yogurt and piece of fruit

Homemade Fish sticks with baby potatoes, Caesar spinach salad

Whole grain nut butter and banana sandwich with baby carrots / and 2 other veggies to snack on with a serving of skim milk

***Include ~250 - 500 ml of fluid with meal

≤1 hour before Training

KEY POINTS:

- Simple carbohydrate (fruit, yogurt, grains) - ~ 20 - 50 g
- Moderate in protein 5 - 15 g
- Low in fat
- Choose nutrient dense foods
- Hydration

Low fibre cereal with skim milk and fruit

8-16 oz (1 - 2 cups) Smoothie

Example: ½ banana, ½ cup of blueberries, ½ cup of yogurt, ¼ cup skim milk

Example: ½ cup of pineapple cubes, ¾ cup of vanilla yogurt, ¾ cup of orange juice

Dried fruit with a bit of nuts / seeds maybe cereal Portion this snack out:

¼ cup of low fibre cereal, 2 tbsp of dried cranberries, and 1 tbsp of almonds or pumpkin seeds + milk or water

250 - 500 ml sport drink with ½ bar

½-1 peanut butter and fruit sandwich

¾ cup of cooked oats with couple of large spoonfuls of Greek yogurt

¼ cup of hummus and handful of carrots

Recovery Snacks (Immediately after training)

KEY POINTS:

- Simple carbohydrate ~ 0.5 - 1.5 g / kg
- Moderate in protein ~ 10-20 g
- Low in fat
- Choose nutrient dense foods
- Hydration

Smoothie: make sure there is a protein food source (yogurt, milk, skim milk powder, protein powder)

Chocolate milk + banana (or other piece of fruit)

Banana or Orange + glass of milk

Banana or piece of fruit + individual yogurt

Meal replacement / breakfast bars (check LABELS)

Bagel with peanut butter + fruit

Flavored fruit cottage cheese with fruit

Individual can of tuna with crackers

Hard-boiled egg with English muffin

250-500 ml Sport drink + ½-1 sandwich

Meal replacement drink i.e. Ensure, Boost

Low-fibre Cereal and low fat milk

This handout provides some options for training snacks, other snack items may also be appropriate