



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

# Healthy Snacking. In a Nutshell.

## Cold cooler

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## Dry foods cooler

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## Timing is Everything

### Pre-training (1-2 hours before)

- High in carbohydrate (not sugar)
- Low in fat and fiber
- High in fluid content
- Moderate in protein, as tolerated
- Salty (if hot/humid weather)

### Post-training (<1 hour after)

- High in carbohydrate (not sugar)
- Moderate in fat
- High in fluid content
- Moderate to high in protein
- Salty (if very sweaty!)

*Post-Training Tip! Aim for 3-4:1 ratio of carbohydrates to protein (3-4 grams of carbohydrate for every gram of protein)*

## PRE-GAME SNACK

## POST-GAME SNACK

### Why?

### Why?

## **Coaches:**

*Being a good role model for your athletes, especially young ones, helps them to develop sound eating practices!*

An athlete's daily training diet is in many ways more important than competition day diet.

### **Teach athletes to:**

- Plan ahead by packing healthy snacks and stocking their lockers.
- Find the foods that work best for them.
- Don't try new snacks just before games or events.

#### **In a nutshell, nuts are great snacks!**

Nuts are high in heart-healthy fats, fiber, vitamins, phytonutrients, and protein.

49 Pistachio kernels = 1-ounce serving

### **Eating on the road can be a challenge**

Planning ahead is key. Bring healthy snacks and beverages. Get parents or booster clubs to be in charge of healthy snacks for road trips.

Choose sandwich shops or veggie pizza parlors over burger joints and buffets.

If possible, consider stopping at a grocery store instead of gas station or drive thru for added variety.

### **Pack your Cooler - Essentials for the Road**

**Cold:** water, fruit, vegetables, milk/flavored milk, smoothie drinks, yogurt, 100% juice, low-calorie sports drinks, cheese sticks, lean sandwich meat

**Dry:** beef jerky, nuts/nut butters, dried fruits, whole wheat bread or crackers, dry cereal, pretzels, granola bars/nut bars/energy bars, rice cakes, oatmeal cookies, trail mix, fruit leather



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