

## Healthy Snacks for Young Athletes

Food fuel for best performance – a healthy snack will give you energy!

### Fresh or dried

- Bananas
- Dried fruit (apricots, apples, raisins)
- Orange slices
- Water or ice cubes flavored with fruit
- Apple wedges
  - Lemon or orange juice will prevent fruit from turning brown
- Ants on a log
  - Fill sliced celery with peanut butter or and top with raisins
- Fun shaped melon
  - Cantaloupe, watermelon, honeydew – use cookie cutters to make fun shapes like stars or hearts
- Whole-wheat tortilla roll-ups
  - Spread low-fat cream cheese on tortillas and add peppers, cucumbers, or your favorite veggies, roll and slice into bite size pieces
- Fresh fruit stuffed in a waffle cone and topped with low-fat yogurt
- Fruit smoothies
- Carrot and celery sticks
- Hard-boiled eggs
- Pretzel kabobs with cheese and grapes
- Fruit kabobs
  - Use assorted fruit and let the kids make their own!
- Fresh fruit with yogurt dip
  - Dip apple slices into fat free yogurt dip seasoned with nutmeg and cinnamon
- Mini pizzas
  - Toasted whole-wheat English muffins spread with pizza sauce & topped with low-fat mozzarella cheese & veggies
- Assorted veggies and dip
  - Consider using carrots, celery, cucumbers, sugar snap peas, cherry tomatoes, broccoli, cauliflower, peppers and jicama dipped in low-fat veggie dip or hummus

### Frozen

- Fruit popsicles
- Frozen grapes
- Banana pops
  - Cover bananas in yogurt and dip them in crushed cereal or graham crackers, freeze and enjoy

### Pre-packaged and healthy

- Pita chips and hummus
- Low-fat yogurt
- String cheese
- Plain popcorn
- Animal crackers and low-fat pudding
- Low-fat yogurt and granola
- Tuna melt on whole-wheat English muffins
- ½ whole-wheat bagel with peanut butter or low-fat cream cheese
- Trail mix
- Nuts – almonds, peanuts, walnuts, cashews
- Cheese and crackers
- Rice cakes
- Whole-wheat crackers with apple butter
- Whole-wheat tortilla chips and salsa
- Granola bars – aim for less than 10 grams sugar
- Mini sandwiches with lean meats cut into fun shapes; use fun cookie cutters

Buying and preparing any of these snacks will be **less expensive** than a fast food meal or ice cream treats!

**Feed your athlete's body what it needs!**