Snacks for Athletes:

Effective Snack = Complex Carb + Protein

Snacks are necessary when going more than 4 hours between meals, feeling fatigued/ tired, or you are trying to gain/lose weight.

200-calorie snacks:

- Apple or banana with 1 Tbsp peanut butter
- 1 string cheese with a piece of fruit
- 1 cup Quaker Oatmeal Squares cereal
- 1 (6oz) chobani greek yogurt with ¼ cup low fat granola
- 16 Pretzel crisps with 2 Tbsp hummus
- Nature Valley Protein chewy bar
- Quaker Chewy bar + 15 almonds
- 1 cup fat-free cottage cheese with ¾ cup canned peach slices
- ½ PB sandwich (1 slice whole wheat bread with 1 Tbsp peanut butter)
- 1 packet instant oatmeal cooked in water with 1 Tbsp peanut butter melted in
- 2 hardboiled eggs + 1 string cheese
- 100-calorie microwave popcorn bag + 15 almonds

400-calorie snacks:

- PB & Banana sandwich: 2 slices whole wheat bread, 1 banana, 1 Tbsp peanut butter
- 1 cup Quaker Oatmeal Squares + 10 almonds + low fat chocolate milk
- Harvest Energy Powerbar + low fat chocolate milk
- Peanut Butter Smoothie: 3 Tbsp BiPro Whey Protein Isolate (22 grams protein), 2 Tbsp peanut butter (or 1 Tbsp PB + 1 Tbsp nutella), 1 cup ice, ½ cup low fat milk, 1 Tbsp honey.
- 2 Nature Valley Sweet & Salty Bars + piece of fruit
- ½ cup mixed nuts
- 1 cup low fat yogurt + 20 pecan halves
- 2 whole wheat/ multigrain frozen waffles (toasted), with 2 Tbsp peanut butter
- 1 whole wheat tortilla (La Favorita brand) with 4 slices of turkey, 1 slice of cheese, lettuce, 2 Tbsp ranch dressing