



# OhioHealth Sports Medicine for Student Athletes

## Snacks!

### WHAT TO EAT FOR FUEL.

Pick a food from each column for a power-packed snack!

Energy Foods (Carbohydrates)	Building Foods (Protein)
Banana	Almonds or any nut
Apple, pretzels or celery	Peanut butter
Granola and berries	Yogurt (dairy is a good source of carbohydrates too)
Whole grain crackers	Hard-boiled egg or cheese stick
Pretzels	Pudding or yogurt
Mini bagel	Low-fat cheese
Sliced red or yellow bell pepper	Hummus
Graham crackers	Pudding or yogurt
Dried fruit and cereal	Walnuts, pistachios, almonds
Pineapple or peaches	Cottage cheese
Tortilla chips	Black beans mixed into salsa or guacamole
Whole wheat wrap	Low-fat cheese, peanut butter, or ham
Pita bread	Tuna salad kit

### Smart Snacking Tips

- + Choose a combination of foods to keep you energized and satisfied.
- + Pair healthy carbohydrates and protein.
- + Keep fueled every three hours with a snack or meal.
- + Add a snack before practice and games. Thirty to 60 minutes is ideal.
- + Include a beverage too.
  - ✓ water
  - ✓ 100% juice
  - ✓ low-fat milk

**NEED MORE INFO?**

To learn more about sports nutrition, visit [OhioHealth.com/SportsMed-Nutrition](http://OhioHealth.com/SportsMed-Nutrition)

#### A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL  
 DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL-NELSONVILLE + HARDIN MEMORIAL HOSPITAL  
 MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL + O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL  
 MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS + HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE  
 URGENT CARE + WELLNESS + HOSPICE + HOME CARE + 28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

© OhioHealth Inc. 2014. All rights reserved. FY15-XXX-XX. XX/14.

