

HIGH-PERFORMANCE SNACKS FOR ATHLETES

- Oatmeal with blueberries and skim milk
- 6- or 8-oz container of low-fat yogurt
- Protein Shake
- Small muffin topped with yogurt
- Peanut butter on whole-wheat toast and skim milk
- Small slice of cheese pizza and orange juice
- Instant oatmeal with skim milk
- Breakfast smoothie (skim milk, frozen fruit, and wheat germ whirled in a blender)
- Toasted waffle, topped with fresh fruit
- $\frac{1}{2}$ toasted bagel with peanut butter or light cream cheese
- Lean ham on a toasted English muffin and a 6-oz juice
- Fresh fruit and string cheese
- Packet of instant breakfast mixed with skim milk
- Cottage cheese and fruit/yogurt
- 1 cup bean soup/breadstick
- String/sliced cheese with crackers
- Lean meat sandwich with milk
- English muffin pizza
- Cereal with milk
- Energy/Breakfast/Granola bar
- Skinny popcorn
- Nuts and dried fruit
- $\frac{1}{2}$ Peanut butter and jelly/honey sandwich
- Hard boiled eggs with fruit (apple slices/banana)
- Build Your Own Trail Mix
- Beef/Turkey jerky and a piece of fruit
- Nut butter (almond, cashew and peanut): Spread it on a banana, bagel or rice cake.
- Tuna with crackers and fruit
- Raw veggies
- Crackers and Hummus
- Pretzels

**Avoid snacks that are high in fat and sugar. Some examples are doughnuts, cookies, potato chips, candy bars, and sodas.