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

**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!**

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