



OhioHealth Sports Medicine

Snacks for Performance

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 carbohydrates and protein.
- Eat every 3-4 hours.
- Add a snack before training and competition – 30 to 60 minutes is ideal.
- Hydration is very important too! Drink water, sports drink, or small portions of 100% juice.
 - 16-24 oz. 2-3 hours before activity
 - 5-10 oz. 20 minutes before activity
 - 4-8 oz. every 15 min during activity

NEED MORE INFO?

To learn more about OhioHealth Sports Medicine, call (614) 566.GAME (4236) or visit us at [OhioHealth.com/SportsMedicine](https://www.ohiohealth.com/SportsMedicine) Follow us! @OHSportMed