

High Energy High Quality Snack Foods

Top athletes need to eat lots of snack foods to make sure they are getting enough food for energy and for growth.

What are the best snack foods for an athlete at Aspire?

The Best Choices: ✓

Fruit is the #1 snack – provides energy + vitamins and minerals to keep you healthy
Dates and other dried fruit give lots of energy and vitamins and minerals.



Nuts and seeds are high energy high protein snack foods which also provide the good fats needed by your brain.



Bread, bread sticks and sandwiches

Fillings: jam, honey, peanut butter, cheese, meats, fish, chicken, eggs

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Milk – flavoured milk is good –even the chocolate is good!

Yoghurt – all flavours and also drinking yoghurts are good



Pretzels – these have extra salt which is good when you have been training in the heat. Drink water too.



Cereal bars (sometimes called muesli bars)



Take care with these as they are often high in fat. Look on the nutritional label for total fat of less than 10g/100g.

Drinks;

- Water is the number one drink for everyone.
- Milk is a very good high energy drink and food for growing teens.
- Sports drinks (Lucozade or Gatorade) are for training, playing or competition times only.
- Juice is to be drunk at meal times only.
- Soft drinks and energy drinks are treat foods so use only occasionally



Have Only Occasionally

Chocolate bars or chocolate covered biscuits and bars are very tasty but remember that this chocolate is high in fat and therefore is slowly absorbed and does not give quick muscle energy. Keep chocolate for treats or have it in the chocolate milk!

Chippies and crisps are very high in fat and do not give good energy for muscles. Keep these for party times.