

SNACK INSPIRATION

PROTEINS Important to build and repair muscle, immune system, and red blood cells.	CARBOHYDRATES Foundation for sustainable energy. 100% whole grains are best.	FRUIT & HYDRATION Fruit offers natural sugar energy and hydration for half-time and post workout.	VEGETABLES Vegetables have nutrients and fiber that help sustain energy and keep sugars balanced.	SOMETIMES SNACKS A healthy diet has natural sugar & fat in moderation. Use these for treats & substitutes.
String cheese & cubes	Popcorn	100% Coconut Water	Avocado, half or slices	Craisins
Cubed chicken breast	Whole grain crackers	Apple Sauce	Bell pepper strips	Dried fruit
Cubed turkey breast	Whole grain tortillas	Apple Slices	Broccoli, raw or cooked	Frozen 100% juice pops
Falafel	Whole wheat bagels	Bananas, cut in half	Carrot sticks	Low fat granola bars
Hard boiled eggs	Whole wheat bread	Blueberries**	Cauliflower	Oatmeal cookies
Hummus	Whole wheat muffins	Cantaloupe cubes	Celery sticks	Pirate's Booty
Milk	Whole wheat pita	Clementines	Cherry tomatoes	Pretzels
Mixed nuts*		Grapes**	Cucumbers	Raisins
Peanut butter*		Honeydew cubes	Dried seaweed	Tortilla chips and salsa
Peanuts*		Kiwi slices	Guacamole	Trail mix
Pumpkin seeds		Milk	Jicama	Yogurt drinks
Roasted garbanzos		Orange segments	Kale chips	Yogurt in tubes
Salmon jerky		Pear slices	Pea pods	Zucchini bread
Soy milk		Raspberries**	Sugar snap peas	
Sunflower seeds		Smoothie		
Tofu cubes		Strawberries		
Whole wheat pita		Water		
Yogurt, plain		Watermelon cubes		

*Check with your child's team regarding food allergies

**These freeze well for a cold snack on hot days