

# SNACK IDEAS



Before Play	Between Meals	Recovery
<p>Choose a carbohydrate rich snack prior to exercise for energy.</p>	<p>Eat protein rich foods every 3-5 hours. Choose options such as these between meals.</p>	<p>Replenish energy with carbs and repair muscle with protein.</p>
<ul style="list-style-type: none"><li>• Fruit</li><li>• Dried Fruit</li><li>• Oatmeal</li><li>• Applesauce</li><li>• Dry Cereal</li><li>• Cereal Bar</li><li>• Granola Bar</li><li>• Crackers</li><li>• Pretzels</li><li>• Rice Cakes</li><li>• Sports Drink</li><li>• English Muffin</li><li>• Bagel</li><li>• Bread and Honey</li><li>• Sports Gels</li><li>• Plain Popcorn</li></ul>	<ul style="list-style-type: none"><li>• Jerky</li><li>• Milk</li><li>• Greek Yogurt</li><li>• Cottage Cheese</li><li>• String Cheese</li><li>• Eggs</li><li>• Kefir</li><li>• Tuna</li><li>• Deli Meat</li><li>• Edamame</li><li>• Tofu</li><li>• Protein Bar</li><li>• 3rd Party Tested Protein Powder</li><li>• Nuts</li><li>• Seeds</li><li>• Nut Butters</li></ul>	<ul style="list-style-type: none"><li>• Chocolate Milk</li><li>• Greek Yogurt + Fruit</li><li>• Greek Yogurt + Granola</li><li>• Flavored Kefir</li><li>• Recovery Bar</li><li>• Fruit Smoothie</li><li>• Recovery Drink</li><li>• Cottage Cheese + Fruit</li><li>• Milk and Cereal</li><li>• Turkey Wrap + Fruit</li><li>• Bagel + Eggs</li><li>• Rice + Meat</li><li>• Overnight Oats with Protein</li></ul>

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