

## Snacking Made Simple

### Healthy ideas to get you through your work out, and your day...

**All athletes** – Although it is important to top up your blood sugar and your stored carbohydrates before a work out, leave 3 hours or so between a heavier meal, or 1-2 hours between a smaller meal and your work-out. It's better to have a little something in your belly, but to avoid reflux and heartburn, you may have to experiment with the content a bit so choose foods that don't talk back! Everyone will be different.

### Simple (healthy!) snack ideas:

**Cheese/crackers/fruit** (50 g cheese, 6 crackers, 20 grapes = 1 dairy/1 grain/1fruit and 350 calories)

**Nuts and raisins** (1/4c dried almonds, 2T raisins = 1 meat/alternative, 1 fruit and 260 calories)

**Fruit smoothy** (1 c. vanilla soy drink, 1/2 frozen banana (peeled), 3 frozen strawberries, 1/4c. cottage cheese = 1.25dairy, 1 fruit and 225 calories)

**Yogurt/fruit/cookies** (175ml fruit flavored yogurt, small banana, 4 oatmeal cookies = 1 dairy, 1 fruit, 3 grains and 470 calories)

**Ham and cheese sandwich** (2 sl. WW bread, 50g ham, 50g cheese, mustard = 2 grains, 1/2 meat/alt., 1 dairy and 460 calories)

**Toast with peanut butter and banana** (2 sl. WW bread, 1T peanut butter, 1 small banana = 2 grains, 1/2 meat/alt., 1 fruit and 270 calories)

**Cereal and milk** (315ml Vector meal replacement cereal, 250ml skim milk or soy drink = 3 grains, 1 dairy and 300 calories)

**Power Bar/Orange juice** (1 Power Bar meal replacement, 1 drinking box of orange juice = 3 grains, 3 fruit, 1/2 meat/alternative and 350 calories)

**Breakfast bar/yogurt/fruit** (1 Nutri\*Grain bar, 175 ml fruit flavored yogurt, 1 medium orange = 2 grains, 2.5 fruits, 1 dairy and 400 calories)