

Pre- and Post- Workout Snacks

45-60 minutes before

- Fruit
 - Banana, apple, grapes, peach
- Diluted 100% fruit juice
 - ½ water + ½ apple, grape, tart cherry juice
- Fruit and veggie purees or applesauce
- Freeze dried fruit
 - Apples, strawberries, raspberries
- Soft Granola Bars
 - Nutrigrain bars, Chewy bars, Nature Valley
- Graham crackers, pretzels, goldfish, low-fat crackers, baked chips
- Dry Cereal
 - Corn Flakes, Rice Krispies, Chex, Cheerios
- Plain Bagel, English Muffin, waffle, white bread PBJ
- 100% fruit juice snacks

15-30 minutes after

- Chocolate Milk
- Gatorade or 100% juice
- 100% juice fruit snacks
- Low-fat yogurt or cottage cheese with fruit
- Bread or crackers with turkey, chicken, or tuna
- PBJ

Specific Examples with 3-4:1 Ratio Carbohydrate to Protein

- 6 oz yogurt + ½ cup blueberries
- 12 almonds + 1 medium orange
- 1 cup chocolate milk + ½ cup raspberries
- 1 string cheese + 1 apple
- 2 scrambled eggs + 1 slice toast
- 1 cup Cheerios + 1 cup milk + ½ cup strawberries
- 1 cup cooked oatmeal + ½ cup milk
- 2 hardboiled eggs + English muffin
- 1 rice cake + 2 tbsp peanut butter
- ¼ cup nut butter + ¾ cup apple or banana

****Best to have a balanced meal within the hour if possible. (Include lean protein, fruit, vegetable, starch/grain.)**