

23 SNACK OPTIONS FOR ATHLETES



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Healthy Snack Options

Sandwich Snack Options*

	Calories
Peanut Butter and Jelly Sandwich on Whole Grain or White Wheat Bread	350-400
Medium Bagel with Peanut Butter (1 tablespoon)	380-400
Lean Turkey or Ham Sandwich on Whole Wheat or White Wheat Bread	200
Lean Turkey or Ham Wrap	200
Lean Turkey or Ham Pita Sandwich	250
Grilled Chicken on Whole Wheat Bun, Pita, or in a Wrap	250-300
Grilled Cheese Sandwich on Whole Wheat Bread	200-250

* The caloric value for sandwich options does not include condiments and accounts for a 4 oz serving of lean protein.

Nutrition Bars

	Calories
Protein/Carbohydrate Bars (Clif Bar, Myoplex Light, Zone)	200-300
Protein Based Nutrition Bars (Pure Protein, Clif Builders,)	200-300
South Beach High Protein Bar	140-150
Kashi TLC Bar Crunchy Bar	170
Kashi Go Lean Bar	190

Fresh Fruit Combo Snacks

	Calories
Fresh Fruit (add a tablespoon of Peanut Butter)	150-200
1 cup of fresh fruit added to 1 container of Low Fat Yogurt or Plain Greek Yogurt	150-200
Fresh Fruit with 1 bag of Nuts	300-350

Variety Snacks

	Calories
Lean Beef Jerky (1 oz Sticks or Nuggets)	60-70
Lean Pocket (1 pocket)	250-350
1 Bag or 1.5 oz of Nuts (almonds, peanuts, cashews)	250
Low Fat/Low Sugar Yogurt with Fresh Fruit	150
Bowl of Whole Grain Cereal and Low Fat Milk	300-350
1 oz of Trail Mix	200
1/4 cup of Low Fat Granola mixed with Low Fat/Low Sugar Yogurt	200-250
1 cup Fat Free Greek Yogurt	
Can flavor with: Tablespoon of Sugar Free Pancake Syrup	170
Tablespoon of Natural Honey	200