

Snacks For After The Game



G O	bananas	berries	carrot or celery sticks
	clementines	pears	cucumbers
	apples	peaches	cherry tomatoes
	grapes	pineapple	unsweetened applesauce
	plums	melon	raisins
S L O W	fruit cup packed in juice	dried fruit (apples, bananas, apricots, etc)	
	trail mix	craisins	
	whole grain cereal	whole grain pretzels	
	plain popcorn	crackers	
	granola	Chex cereal (gluten free)	
S T O P	chips	pastries	juice boxes (Capri Sun, etc)
	cookies	cakes	sports drinks (Gatorade, etc)
	cupcakes	fruit snacks	sugary drinks (Kool Aid, etc)
	fruit leather	fruit packed in syrup	soda
	candy		energy drink

Water is the best way to hydrate!

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