



HIGH PERFORMANCE SNACKS

CARBS + PROTEIN

OPTIMAL SNACK PAIRINGS

Snacks can increase nutrient intake, sustain energy levels, and help the body recover from exercise.



Greek Yogurt + Granola



String Cheese + Apple + Nuts



Protein Bar



Jerky + Apple



Tuna and Crackers



Hummus + Veggies and Pretzels



Rice Cake + Banana and PB



Protein Shake + Banana



Adult Lunchable



Cottage Cheese + Grapes

BENEFITS OF SNACKS

BOOST OF ENERGY



If several hours has passed between meals, having a nutrient rich snack can boost your energy levels.

CURBS APPETITE



Having a snack will prevent overeating at the next meal. Make sure your snack includes protein and carbs!

MAINTAIN MUSCLE MASS



Having a protein rich snack in between meals can continue the process of muscle protein synthesis and help reach your overall daily protein needs.

COMMON SNACKING MISTAKES:

- Skipping a snack because timing or type of food is not ideal or because you are trying to "save" your calories for the next meal - this will lead to overeating later in the day.
- Not planning snacks for the day which leads to less than optimal choices.
- Consuming processed foods as snacks that are high in calories but low in nutrients.
- Portion of snack or frequency is too much, adding excess calories and unwanted weight gain.
- Having a snack out of emotion (bored, stressed, tired, angry, etc.) rather than true hunger.

A snack should always contain a source of protein + carbs and generally be around ~150-250 calories with at least 15g protein.

