

Pre- and Post-Exercise Snacks for Young Athletes

2-4 hours before exercise

1. Sandwich with lean meat, piece of fruit.
2. Pasta with tomato sauce.
3. Cereal with milk.
4. A bagel with peanut butter and honey, and a piece of fruit.
5. English muffin with honey and low-fat yogurt.

30 minutes before exercise snacks

- Honey-Energy Bars.
- Honey Applesauce Swirl: To make, stir 2 tsp. honey, or more to taste, into a single serving unsweetened applesauce snack pack.
- Honey Pretzel Dipping Sauce: Whisk 1 tbs. of your favorite spicy mustard together with 1 cup honey. Makes enough dip for 8 servings of 20 small pretzel twists.

Post-exercise meals

- Sandwich with 3 ounces lean meat, piece of fruit, pretzels, juice or milk.
- Pasta with tomato sauce, whole grain bread, skim milk.
- Cereal with milk, piece of fruit, toast with honey.
- Bagel with peanut butter and honey, piece of fruit, skim milk.
- 3 ounces lean meat, potatoes, cooked veggies, skim milk.

Food & Drink Ideas for swim meets

- Bagels.
- Honey-Energy Bars.
- Breakfast bars.
- Crackers and peanut butter.
- Pretzels.
- Chex mix.
- Fresh fruit (e.g., bananas, grapes, apples) or dried fruit.
- Yogurt.