


A background image showing several children playing soccer on a green grassy field. In the foreground, a soccer ball is visible. The children are wearing athletic gear, and the scene is set outdoors with trees in the background.

AWESOME PRE- WORKOUT SNACKS

FOR YOUNG ATHLETES

**CARB + PROTEIN COMBOS
TO PREP YOUNG BODIES
FOR EXERCISE**

**By Jill Castle, MS, RDN
Author of Eat Like a Champion:
Performance Nutrition for Your Young Athlete**



KIDS & TEENS NEED ENERGY!

**CARBS + PROTEIN SNACK COMBOS
DO THE JOB.**

Generally aim for about 100-300
calories for a pre-workout snack.
Young children should get around
100-200 calories.

Older kids about 200-300 calories.

You'll find food combos and foods
that contain carbs + protein all in
one!

To learn more about sports nutrition for young athletes, check out the book, *Eat Like a Champion*, or visit TheNourishedChild.com for video tutorials designed for the young athlete.

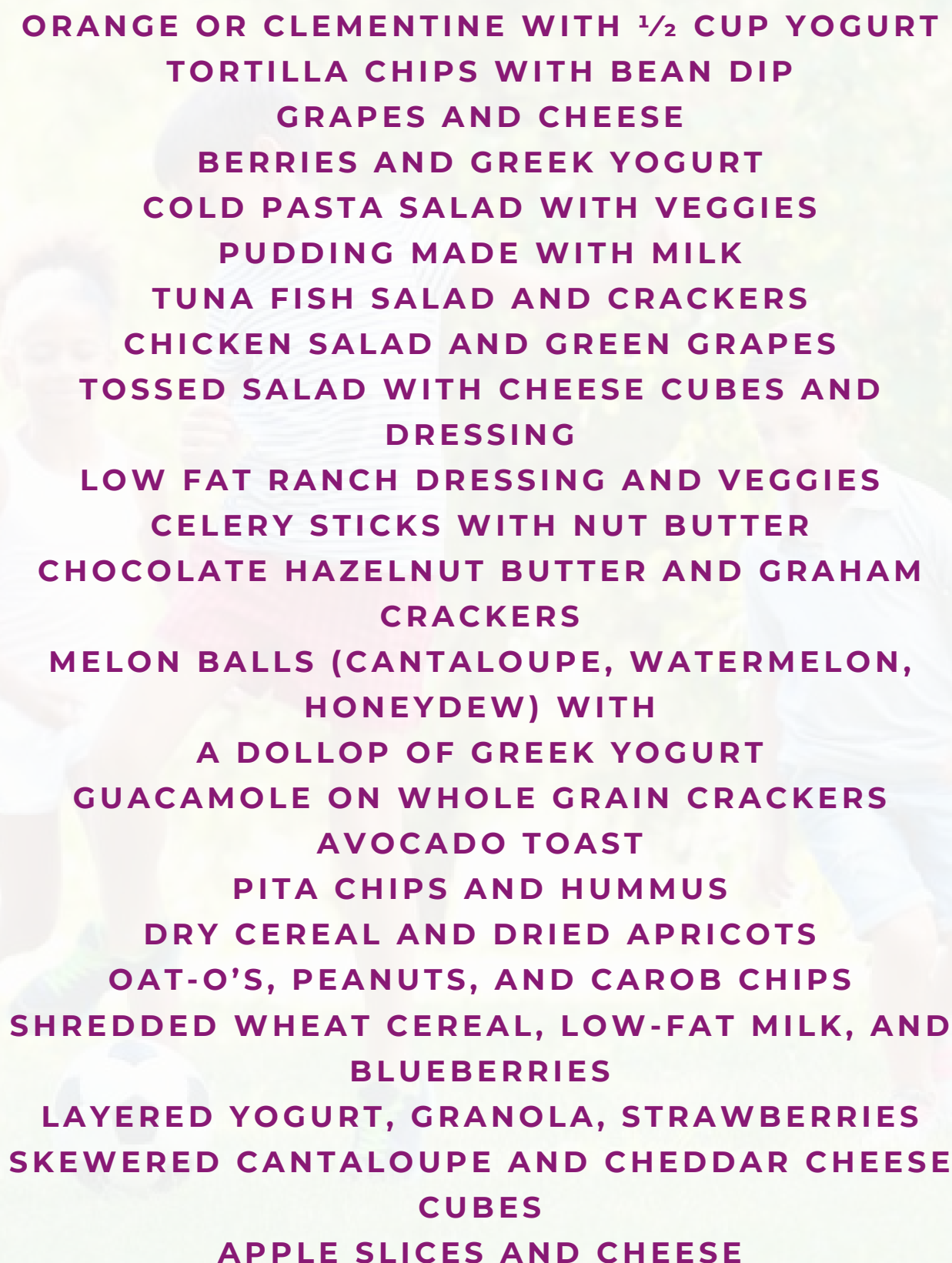


YOGURT, FRUIT AND GRANOLA MIX
CHEESE AND CRACKERS
BAKED POTATO AND COTTAGE CHEESE
TOAST WITH PEANUT BUTTER
PITA BREAD AND HUMMUS
GRANOLA BAR (CLIF, KIND, CASCADIAN FARMS)
SMOOTHIE(WITH YOGURT, FROZEN FRUIT, MILK OR
100% JUICE)
PRETZELS AND DRIED CHERRIES MIX
BANANA AND PEANUT BUTTER
RAISINS AND PEANUTS
MINI BAGEL WITH JAM
BEEF JERKY AND A MOZZARELLA CHEESE STICK
HARD-BOILED EGG AND HALF AN ENGLISH MUFFIN
STRING CHEESE AND SNOW PEAS
WHOLE GRAIN BLUEBERRY MUFFIN (REGULAR SIZE)
WAFFLE WITH NUT BUTTER
MIXED NUTS
SUNFLOWER SEEDS
YOGURT TUBE (FROZEN OR REFRIGERATED)
1/2 DELI SANDWICH (TURKEY, HAM, ROAST BEEF,
CHICKEN)
FLOUR TORTILLA WITH CHEESE (QUICK QUESADILLA)
BLACK OLIVES AND FETA CHEESE
FROZEN YOGURT POPSICLE
PLAIN OATMEAL AND BERRIES
LOW FAT CHOCOLATE MILK AND WHOLE GRAIN
CRACKERS
MOZZARELLA AND TOMATO SKEWERS

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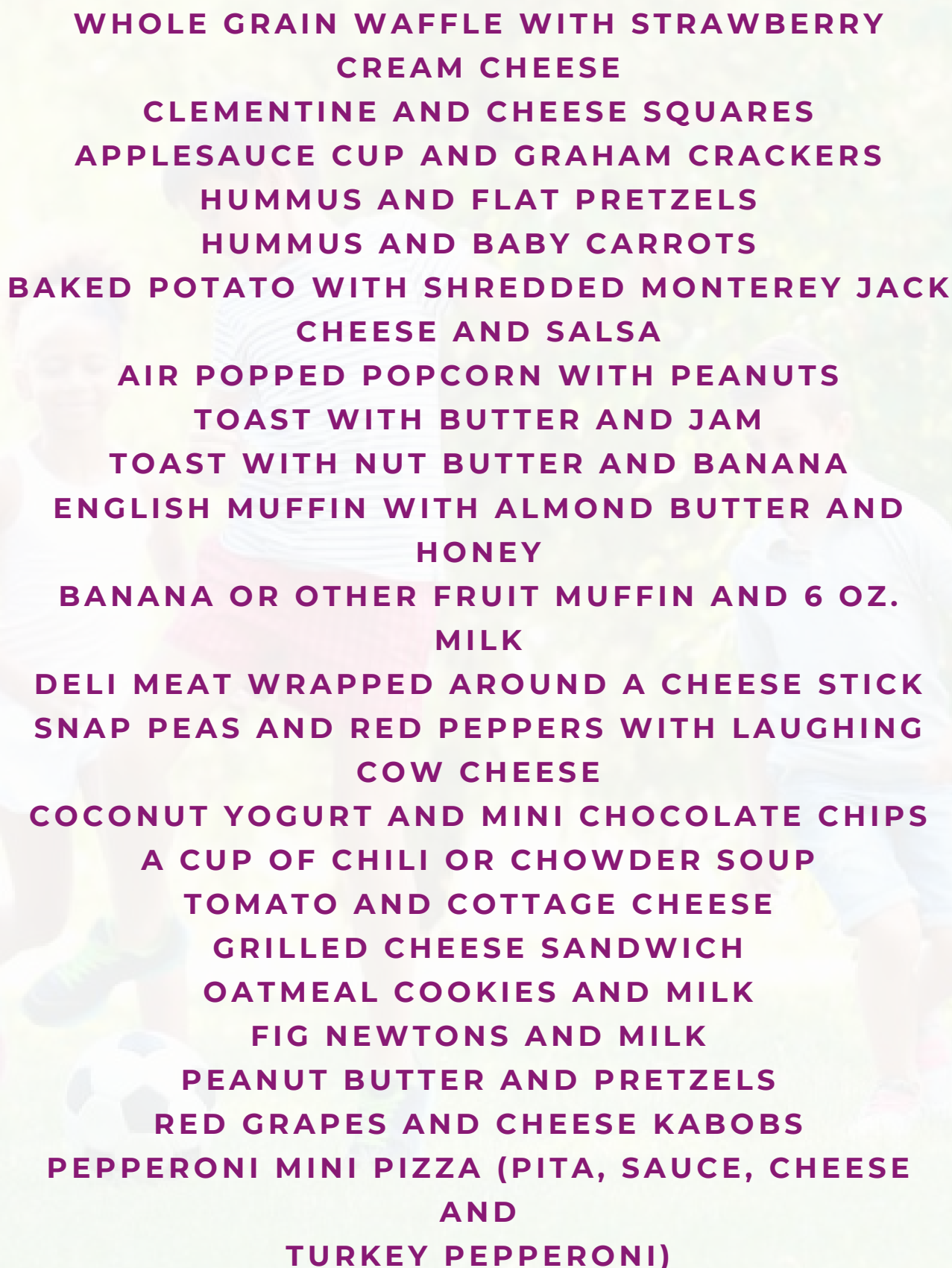
Author of

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ORANGE OR CLEMENTINE WITH ½ CUP YOGURT
TORTILLA CHIPS WITH BEAN DIP
GRAPES AND CHEESE
BERRIES AND GREEK YOGURT
COLD PASTA SALAD WITH VEGGIES
PUDDING MADE WITH MILK
TUNA FISH SALAD AND CRACKERS
CHICKEN SALAD AND GREEN GRAPES
TOSSED SALAD WITH CHEESE CUBES AND
DRESSING
LOW FAT RANCH DRESSING AND VEGGIES
CELERY STICKS WITH NUT BUTTER
CHOCOLATE HAZELNUT BUTTER AND GRAHAM
CRACKERS
MELON BALLS (CANTALOUPE, WATERMELON,
HONEYDEW) WITH
A DOLLOP OF GREEK YOGURT
GUACAMOLE ON WHOLE GRAIN CRACKERS
AVOCADO TOAST
PITA CHIPS AND HUMMUS
DRY CEREAL AND DRIED APRICOTS
OAT-O'S, PEANUTS, AND CAROB CHIPS
SHREDDED WHEAT CEREAL, LOW-FAT MILK, AND
BLUEBERRIES
LAYERED YOGURT, GRANOLA, STRAWBERRIES
SKEWERED CANTALOUPE AND CHEDDAR CHEESE
CUBES
APPLE SLICES AND CHEESE

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**WHOLE GRAIN WAFFLE WITH STRAWBERRY
CREAM CHEESE
CLEMENTINE AND CHEESE SQUARES
APPLESAUCE CUP AND GRAHAM CRACKERS
HUMMUS AND FLAT PRETZELS
HUMMUS AND BABY CARROTS
BAKED POTATO WITH SHREDDED MONTEREY JACK
CHEESE AND SALSA
AIR POPPED POPCORN WITH PEANUTS
TOAST WITH BUTTER AND JAM
TOAST WITH NUT BUTTER AND BANANA
ENGLISH MUFFIN WITH ALMOND BUTTER AND
HONEY
BANANA OR OTHER FRUIT MUFFIN AND 6 OZ.
MILK
DELI MEAT WRAPPED AROUND A CHEESE STICK
SNAP PEAS AND RED PEPPERS WITH LAUGHING
COW CHEESE
COCONUT YOGURT AND MINI CHOCOLATE CHIPS
A CUP OF CHILI OR CHOWDER SOUP
TOMATO AND COTTAGE CHEESE
GRILLED CHEESE SANDWICH
OATMEAL COOKIES AND MILK
FIG NEWTONS AND MILK
PEANUT BUTTER AND PRETZELS
RED GRAPES AND CHEESE KABOBS
PEPPERONI MINI PIZZA (PITA, SAUCE, CHEESE
AND
TURKEY PEPPERONI)**

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