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Better Living.



Healthy Snack Ideas for SPORTS

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Parents are often asked to bring in snacks and beverages for sports and other external activities. Snacks provide energy to help support the daily activities of our children.

Below are some healthy snack options that are portable and easy to prepare for your child's activity/sports team. The whole family can be involved in helping prepare the snacks.



1 Spread nut butter or low fat cream cheese on a whole-wheat tortilla or flatbread. Then sprinkle sliced strawberries, bananas or peaches on one-third of the wrap before rolling and slicing. Or you can substitute hummus with shredded veggies in place of the nut butter and fruit.



2 Mix, in a large bowl, healthy granola-type ingredients, such as lightly sweetened or unsweetened whole grain cereal, nuts (if no allergies), dried fruit, or mini chocolate chips. Then place mixture in individual snack size baggies.



3 Cut up fruit (orange slices, apples slices tossed in orange juice to prevent browning, grapes, strawberries, etc.) or veggies (broccoli, baby carrots, colorful pepper strips, etc.) and place in a baggie. Consider serving with a dip. Try small soufflé cups with lids for dipping. Or use low-fat ranch dressing, hummus or fruited yogurt.



4 Make a healthy version of homemade cookies or muffins with oats, dried fruit, shredded veggies etc.

If you are short on time, here are some snacks that offer healthy nutrients:

- Snack size bags of whole grain goldfish crackers or other whole grain crackers
- Individual snack size bags of baby carrots
- Granola bars
- Snack size bags of dried fruit
- Skim mozzarella cheese sticks
- Individual, small yogurt cups
- Fruit juice boxes or 100% frozen juice pops
- Plain bottled water
- Low calorie sports beverages

Don't forget to seek support from the other parents. Like you, they may want to offer healthful snacks but feel pressure from their children to do otherwise. You may be surprised how many parents jump on board. If you're met with resistance, approach it from the perspective of feeding your child athlete. Educate parents on the importance of healthy snacks to help fuel their child's activity and improve their performance.

By offering nutritious snacks, you're providing the food and nutrients your children need for good health and well-being. Perhaps more importantly, you're also teaching them what a balanced diet looks like and how to eat well.

