



Performance Nutrition for **Football Players**

Gain the Advantage

Top 10 Snacks to Fuel Up before Football Practice

In a sport where the demands are high, the hits are hard, & recovery is essential, nutrition plays a key role in preparing young & seasoned football players to gain an edge in the sport. Here are my 10 top snacks to get before practice to help maximize performance.

- 1. Nutrition bars. Sports bars are a quick & easy snack to throw in your bag. However, snacking on the fly can break your budget while store bought bars are off loaded with ingredients you may not need. My favorite include a balance of protein, less than 1/2 the carbohydrate calories from added sugars, & a good source of fats like nuts, coconut or nut oil.*
- 2. Nut butter sandwiches. Filling & satisfying... provide short & long term fuel. Add fresh or dried fruit for a vitamin/mineral boost. Wash it down with a bottle of lactose free chocolate milk.*
- 3. Trail Mix. Easy to make & inexpensive, bag & mix pretzels, dry whole grain cereals, raisins or apricots & nuts. Kick it up the flavor with chili pepper, garlic powder or your favorite spice!*
- 4. Cookies & milk—go for “Newtons” Fig or other fruit flavors or oatmeal raisin cookies with lactose free milk. Made with whole grains, Fig Newton’s are a high carb, nutritious snack even if their technically a cookie!*
- 5. Tuna, apple slices, whole grain crackers. Pick up a tuna or chicken snack “envelope” pack at pair it with sliced apple or pear & whole grain crackers for a steady energy kick.*
- 6. Beef or turkey jerky & applesauce. Individually wrapped high protein beef or turkey jerky & single serving containers of applesauce can be carted with you anywhere.*
- 7. Fruit with nut butter. Apples & pears with a single serving pouch of nut butter & you have yourself a quick, healthy & filling snack. Skippy or Justin’s are two companies that offer single serving packages or make your own with a mini snack baggie!*
- 8. Popcorn with dried fruit &/or roasted chickpeas. Pop a single serving bag of popcorn & mix with dried fruit pieces, roasted chickpeas or soynuts for a high protein, high carb snack.*
- 9. Dry whole grain cereal mixed with nuts or seeds. Great 24/7, dry whole grain cereal like cheerios even with a sweet kick of dried craisins or 50/50 Honey Nut/Multigrain Cheerio mix. Grab a bottle of coconut water or 100% juice & you have the ideal, fiscally fit lactose free, pre training snack!*
- 10. Coconut water & sports drinks. Coconut water or low sugar electrolyte sports drink is great for those who can’t stomach whole food before practice. Naturally sweetened, coconut water boosts the electrolyte potassium while low sugar sports drinks spiked with a dash of salt keeps ya from cramping.*

