

What's in your bag?

20 Snacks to Fuel Up!

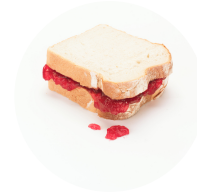
What do athletes need in a snack?

Carbohydrates are the main energy source for your body, muscles, and brain. Using carbohydrates to fuel your performance before and during sports is a key to improving performance.

Carbohydrates = Fuel

Salty

Salted Pretzels
Goldfish
Crackers
Bagel



What snacks gave you energy?



Sweet

Animal or Graham Crackers
Fruit Snacks
Jelly Sandwich
Granola Bar
Sports Gels or Chews
Orange or Clementine
Dried Fruit
Peach or Nectarine
Melons



Crunchy or Bland

Apple
Rice Cakes
Dry Cereal
Corn Chips
Energy Balls



Thirsty

Juice Box
Sports Drink

Knowing what snacks give you energy will make planning and packing your bag much easier!

