



Snacks!

What to eat on the road to fuel your athlete.

Here's a secret — choose combinations of foods to keep your athlete energized but also satisfied. Look for pairings of healthy carbohydrates and a bit of protein.

- + Peanut butter granola bar
- + String cheese and crackers
- + Mini bagel and peanut butter
- + Fruit and string cheese
- + Pita bread & tuna salad kit
- + Homemade trail mix – dried fruits, cereal, and nuts

Not much time before practice or a game (less than 30 minutes), choose foods that will digest easily — like carbohydrates.

- + Pretzels
- + Banana
- + Fig bar
- + Graham crackers
- + Granola bar
- + Dry cereal — baggie or single-serve box
- + Crackers

Fluids — don't forget the drinks!

- + 100% juice boxes
- + Low-fat milk (brick packs or in a cooler)
- + Water
- + Water
- + Water

FOR MORE
INFORMATION

Our sports medicine team is available 24/7.

Call us today at (614) 566.GAME (4263) or visit [OhioHealth.com/SportsMedicine](https://www.ohiohealth.com/SportsMedicine)
Same-day appointments available

