Pre-Game Snacks (1 to 2 hrs. before game)

- Very light snack consisting of carbohydrates
- Use practices to figure out what snack is right for you
- May not be needed depending on size and timing of pre-game meal

Pre-Game Snack Options -
- 100% fruit juice - Dried fruit
- Bagel - Energy Bar
- Bread - Fresh fruit
- Crackers - Fresh Vegetables
- Diluted sports drink - Raisin Bread
- Rice cakes - Smoothie
- Yogurt

Post-Game Snack (0 to 30 mins. after game)

- Muscles can replenish their glycogen needs faster during the 1st 30 min. after your game
- Include protein with your post-game snack to help with glycogen transformation
- 1:4 ratio of protein to carbohydrates has shown to be most effective in recovery
- Extremely important if athlete has a second game within 12 - 24 hrs. of prior competition

Post-Game Snack Options:
- Fluids (100% fruit juice, water, sports drinks, smoothie*) - Rice cakes with spread
- Apples - Graham crackers
- Bananas - Granola*
- Grapes - Half sandwich
- Melon slices - Muffins
- Oranges - Oatmeal cookies*
- Strawberries - Pasta or noodles
- Bagels - Pita bread and hummus
- Bagels w/ peanut butter - Quesadillas*
- Banana bread* - Raisin bread
- Corn bread* - Raspberry peach bar*
- Crackers, fresh fruit, and cheese - Rice or potatoes
- Fig bars - Sushi rolls*
- Fresh vegetables and dip - Tortilla chips and salsa/bean dip
- Yogurt*

*Recipe is available