

Woodhaven High School Education Series Post-Workout/Competition Snack Recommendations



The following pages contain suggestions for snacks that meet recommended guidelines for post-workout or competition meals. They are presented on half-sheet cards that could be cut and put in a convenience place for easy reference.

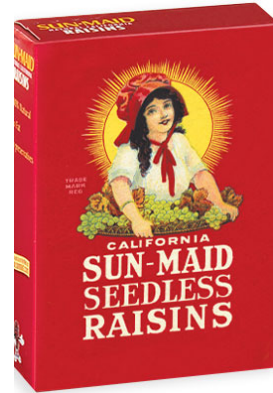
Athletes have different taste preferences, so numerous options are presented. Empty tables are included at the end for you to create your own snack options if you prefer. Remember you are looking for at least 20oz of liquid, 100-150g carbohydrates, and 10g protein.

	Serving Size	Carbohydrates	Protein
Gatorade	20oz (bottle)	35g	0g
2 oz cup trail mix (raisins, choc chips, salted nuts, seeds)	2oz	14g	4g
GoGurt	1 tube 2.25 oz	13g	2g
Gummy Bears	20 bears	44g	0g
Apples & Peanut Butter		24g	4.36g
Apple	baseball size	21g	0.36g
Peanut Butter	1 tbsp	3g	4g
TOTAL		130g	10.36g



	Serving Size	Carbohydrates	Protein
Gatorade	20oz (bottle)	35g	0g
Kellogg Fruit Snacks	1 pouch (25g)	20g	0g
Grapes	1 cup (≈ 32 grapes)	28g	1.15g
Peanut Butter and Jelly Sandwich		40.43	9
Soft wheat reduced-cal bread	2 slices	24g	5g
Fruit jelly/jam	1 tbsp	13.3g	0g
Peanut Butter	1tbsp	3.13g	4g
TOTAL		123.43	10.15g

	Serving Size	Carbohydrates	Protein
Capri-Sun	2 pouches	32g	0g
Water	12oz	0g	0g
Tiny Twist Pretzels	34 pretzels	46g	4g
Raisins	1 packet (1.5oz)	22g	1g
Peanut M&Ms	1.74 oz pouch	30g	5g
TOTAL		130g	10g



	Serving Size	Carbohydrates	Protein
Gatorade	12oz (bottle)	12g	0g
Water	12oz	0g	0g
Plain Bagel	Small (3-3.5 in diameter)	36g	7g
Cream Cheese	1tbsp	0.4g	1g
Mandarin Oranges, light syrup	1 cup	40g	1.13g
Banana	Medium	28g	1.29
TOTAL		125.4	10.42

	Serving Size	Carbohydrates	Protein
Gatorade	20oz	35g	0g
Fruit Nutra Grain Bar	1 bar	27g	1.63g
Goldfish Crackers	55 pieces	20g	4g
Orange	baseball size	17g	1g
Raw Almonds	12 nuts	26g	3g
TOTAL		125g	9.63g



	Serving Size	Carbohydrates	Protein
Chocolate Milk	1 cup	26g	7.5g
Water	16oz	0g	0g
Zoo Animal Crackers (Austin)	15 Pieces	25g	2g
Apple	baseball size	21g	0.36g
Starburst Fruit Chews	12 pices	50g	0g
TOTAL		121g	9.86g

	Serving Size	Carbohydrates	Protein
TOTAL			



	Serving Size	Carbohydrates	Protein
TOTAL			