



# Snacks On-The-Go for Athletes

Although it may be difficult sometimes to eat the proper foods, provided is a list of non-perishable snacks that you can make available before and after exercising.

## Drinks

- Liquid supplement (Frozen)

## Trail Mix Recipe

- ½ cup mixed nuts
- ½ cup dried fruit (example: raisins)
- 1 cup oat cereal (or Cheerios)

## Snacks

- Dried fruit
- Granola cereal
- Granola bar or protein bar
- Mixed nuts
- Peanut butter sandwich
- Bagel with peanut butter
- Pretzels
- Graham crackers
- Popcorn
- Crackers
- Fig cookies
- Animal crackers
- Fruit

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