



Sports Snacks

Whether you are just starting to increase your physical activity or you are a seasoned athlete, healthy snacks can improve your energy and give you what you need to “just do it”!

Intensely colored produce is a good source of antioxidants which clean up free radicals - unhealthy substances formed during exercise:

- Baby bell peppers with hummus
- Whole organic carrots & celery with almond butter
- Dried blueberries mixed with whole grain cereal and nuts
- Kale chips (see recipe on back)
- Sweet potato fries (recipe on back)
- Dried apricots & mangos with pumpkin/sunflower seeds
- Dried Montmorency tart cherries
- Canned pumpkin mix with pumpkin pie spices and yogurt
- Boiled edamame in pods sprinkled with sea salt
- Berry smoothie made with strawberries, blueberries, raspberries, milk and yogurt
- Yogurt with mango, kiwi, and strawberries

Calcium and Vitamin D is not only needed for healthy bones, but also for healthy muscles:

- Organic Greek yogurt
- Calcium and Vitamin D fortified milk (regular or soy) to accompany trail mix
- Cottage cheese mixed with cinnamon, vanilla and a touch of honey
- Sardines (in oil) on whole grain cracker with cheese & mustard (for hikers)
- Pudding made with non-fat milk

Rebuild muscle after exercise with protein:

- Hard boiled eggs with cumin with whole grain toast
- Smoothie with added whey protein (for vegetarians and non-meat eaters)
- Lean meats and rolled into whole wheat tortilla
- Low fat yogurt or cottage cheese with fruit
- Bean/lentil soups
- Grilled chicken with brown rice
- Tuna salad made with light mayo on whole grain pita

Help your body heal after hard exercise with healthy fats that can combat chronic inflammation:

- Mix ground flax or whole chia seeds into yogurt or whole grain cereal
- Try chia pudding (recipe on back)
- Try tart cherries whole or as a juice
- Sushi rolls made with brown rice
- Walnuts or whole grain bread with walnut butter
- Canned salmon, light mayo, fresh lemon, basil, capers in a lettuce wrap
- Anchovies or sardines (in oil) on whole grain crackers with cheese and mustard (for hikers)
- Smoked salmon with low-fat cream cheese on whole grain crackers
- Soybean, tofu, winter squash, beans, canola oil and tuna are good sources of Omega 3
- Spices like ginger, turmeric, cayenne, and cinnamon

Fiber and fluids together will help you feel full before you taken in too many calories – helps with managing body weight:

- Any plant food with edible skin: fresh veggies (celery, carrots, cucumbers, bell peppers), fresh fruit (apple, pear, peach, plum, berries), or dried plums
- Popcorn with parmesan cheese and hot spices or cinnamon and stevia
- Green salad with cucumber, carrot, tomato, and peppers with low-fat dressing
- Broth-based vegetable soup

Note: avoid high fiber before exercise to limit stomach upset

Runners and cyclists may increase speed and improve energy efficiency by drinking 16 oz of beet root juice 2-2.5 hours before exercise or 16 oz/day for 6 days

Try making your own beet root juice in a juicer and adding ½ apple or lemon juice for extra flavor

Recipes



Kale Chips

Ingredients:

- 2 cups kale, washed and thoroughly dried
- 1-2 tsp. olive oil
- Sea or garlic salt for sprinkling

Directions:

- Preheat oven to 275° F
- Remove the ribs from the kale and cut into 1.5 inch pieces
- Toss kale with olive oil and lay on baking sheet
- Bake until crisp, turning leaves half-way through, 15-30 min
- Add a dash of salt and/or pepper
- Serve as finger food

Nutrition info:

Calories: 106, Fat: 4.5 g, Carbs: 13.4 g, Fiber: 2.7 g, Protein: 4.4 g

Sweet Potato Fries

Ingredients:

- 1 large sweet potato, peeled and cut into wedges
- 2 teaspoons canola or coconut oil
- 1/4 teaspoon salt
- Pinch of cayenne pepper or experiment with different spices!

Directions:

- Preheat oven to 450°F
- Toss sweet potato wedges with oil, salt and pepper.
- Spread the wedges out on a rimmed baking sheet
- Bake until browned and tender, turning once, about 20 minutes total

Nutrition info:

Calories: 122, Fat: 5 g, Carbs: 19 g, Fiber: 3 g, Protein: 2 g

Chocolate Peanut Butter Chia Pudding

Ingredients:

- 2 cups skim or 1% milk (may substitute coconut or other non-dairy milk)
- 1/2 cup chia seeds
- 1/4 cup cocoa powder
- 1/4 cup natural peanut butter
- 2 tsp vanilla extract
- 3/4 cup coconut sugar OR desired sweetener to taste

Directions: Combine all ingredients in a high-power blender or food processor. Blend or process until completely smooth. You may eat it right away, but it is best after it has been completely chilled in the refrigerator. Makes 6 servings

Nutrition info per serving:

Calories: 300, Fat: 10 g, Carbs: 47 g, Fiber: 9 g, Protein: 10 g
