

Healthy Snacking for Swimmers!

High Energy

- Fruit – fresh, dried or canned
- Juice poppers – avoid 'fruit juice drink'
- Milk poppers such as Up & Go, Vita-Go or Sustagen
- Muesli or cereal bars
- Popcorn
- Pretzels or rice crackers
- Vita-weat snacks
- Crackers with vegemite/peanut butter/cheese dippers
- Scones, pikelets, raisin bread
- Vegemite/jam/honey sandwich
- Tinned spaghetti
- Chic nuts (roasted chickpeas)
- Japanese rice cracker mix or bhujia mix

High Energy with Protein (* requires refrigeration or a cold pack)

- Milk poppers
- Custard cups (long-life)
- Sustagen, Milo or Protein powder (mixed with water or milk)
- Protein bars
- Raw or dry roasted nuts
- Trail mix – nuts/dried fruit/seeds
- Nut bars
- Baked beans
- Cans tuna or salmon (or tuna snack packs)
- *yoghurt/fruche/custard/creamed rice
- *hard boiled eggs
- *chicken legs
- *leftover pasta/rice
- *meat/chicken/cheese/egg sandwich
- hommus/cream cheese/healthy dip & crackers

Poor snack choices

- Lollies
- Chocolate
- Chips
- High fat flavoured crackers such as shapes, in-a-biscuit etc.