SANFORD SPORTS

HEALTHY SNACK OPTIONS

TRY TO GET A VARIETY OF NUTRIENTS FROM YOUR SNACKS BY CHOOSING 2+ FOOD GROUPS

Carbohydrates

- FRUIT

- POPCORN
- PRETZELS
- WHOLE WHEAT BREAD/BAGEL
- RICE CAKE
- OATMEAL
- GRANOLA BARS

- APPLE SAUCE
- VEGGIES

Protein

- HARD BOILED EGGS
- STRING CHEESE

- BEEF/TURKEY JERKY
- GREEK YOGURT
- COTTAGE CHEESE

- MILK

Fat

- TRAIL MIX

- PEANUT BUTTER
- CREAM CHEESE
- HUMMUS

Combinations

- PB&J
- PRETZELS, RICE CAKE OR VEGGIES + HUMMUS OR PEANUT BUTTER
- BAGEL + CREAM CHEESE
- OATMEAL + ALOMNDS
- GREEK YOGURT + FRUIT