

## HEALTHY SNACK TIPS BETWEEN GAMES

When those tournament games are back to back and you wonder what should your players eat to keep up their strength, try some of the suggestions below.

**Fruit:** Watermelon, Cantaloupe, Berries, Oranges, Grapes, Raisins, Apples

**Drinks:** Water, Unsweetened Apple Juice

**Snacks:** Peanut Butter Crackers, Pretzels, Rice Cakes (popcorn only), Low Fat Granola Bars, Bagels, Bran Chex Mix

**Sweets:** Gummy Bears, Hard Candies, Jelly Beans, Oatmeal Cookies (no icing)

### **2 Hour Break Food Ideas:**

Subs: Rolls (wheat, rye, pumpernickel, no white bread)

Meat: All lean meats (i.e. turkey, ham, roast beef)

Condiments: Light on dressings, lettuce, tomatoes etc. Veggies are good!

Pizza: No meat, lots of veggies (i.e. green peppers, mushrooms, onions, etc.)

Cheese

Taco Bell: Bean burritos are good at this time.

Crackers or pretzels (no potatoes)

Fruits from above list