



## On-The-Go Snacks

Athletes can meet their nutrition needs for training and competition by planning meals and preparing snacks ahead of time. To ensure lasting energy, snacks should contain a combination of quality **carbohydrates and protein**. Listed below are smart choices that can easily be made or purchased.

### To Make

#### Food:

- Apple or banana + nut butter or cheese
- Applesauce or yogurt or cottage cheese + dried fruit and/or nuts & seeds
- Homemade Trail Mix: variety of dried fruit + nuts & seeds
- Granola or whole grain cereal + milk
- Fruit + hard-boiled egg or beef jerky
- Breakfast roll-up: whole wheat tortilla + sliced whole fruit + nut butter
- Whole wheat crackers or rice cakes or pita + nut butter or tuna or hummus
- Homemade muffin: e.g. 'banana berry bomb muffin'
- Homemade energy bars: e.g. Ninth whole bars

#### Drink:

- Recovery shake:  $\frac{3}{4}$  cup skim milk powder, 2 tbsp chocolate milk powder – add 500 ml cold water and shake
- Smoothies: e.g. milk or juice + frozen fruit + yogurt + nut butter

### To Buy

#### Food:

- Energy/Sport Bars
  - Luna
  - Larabar
  - Clif
  - Nature's Path (e.g. Qi'a)
  - Nakd
  - All-Bran
  - Elevate Me
  - Kashi
- Bites/Snacks
  - Made Good
  - Belvita
  - Bounce

#### Drink:




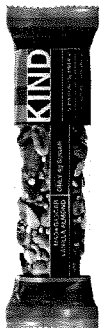

- Chocolate or plain milk (UHT drink boxes are shelf-stable) or soy milk
- Yogurt drinks: e.g. Earth's Best Yogurt Smoothie
- Instant breakfast drink (powdered form or ready-made): e.g. Carnation Breakfast Essentials or Special K protein drink






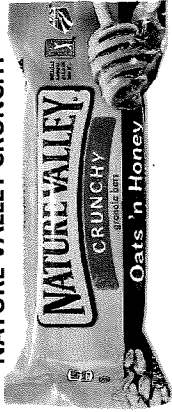



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## Some Recommended Snack and Sport Bars






| PRODUCT/ BRAND                                                                                                 | NUTRITION INFORMATION |           |           |             |              | IDEAL FOR       |          |               |
|----------------------------------------------------------------------------------------------------------------|-----------------------|-----------|-----------|-------------|--------------|-----------------|----------|---------------|
|                                                                                                                | Carbohydrate (g)      | Sugar (g) | Fibre (g) | Protein (g) | Pre-exercise | During exercise | Recovery | Mid-day snack |
| <p><b>CLIF ENERGY</b></p>   | 44                    | 23        | 4         | 9           | ✓            | ✓               |          |               |
| <p><b>CLIF PROTEIN</b></p>  | 30                    | 21        | 2         | 20          |              |                 | ✓        |               |
| <p><b>KASHI</b></p>         | 25                    | 5-8       | 4         | 5-6         | ✓            | ✓               |          | ✓             |
| <p><b>KIND BARS</b></p>   | 16                    | 5         | 7         | 6           | ✓            | ✓               |          | ✓             |
| <p><b>LARA BARS</b></p>   | 24                    | 18        | 5         | 4           | ✓            | ✓               |          | ✓             |

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| PRODUCT/ BRAND                                                                                                             | NUTRITION INFORMATION |           |           |             |              | IDEAL FOR       |          |               |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------|-----------|-------------|--------------|-----------------|----------|---------------|
|                                                                                                                            | Carbohydrate (g)      | Sugar (g) | Fibre (g) | Protein (g) | Pre-exercise | During exercise | Recovery | Mid-day snack |
| <b>NATURE BARS</b><br>                  | 14                    | 11        | 2         | 4           | ✓            | ✓               |          | ✓             |
| <b>NATURE VALLEY CRUNCHY</b><br>        | 28                    | 11        | 2         | 3           | ✓            | ✓               |          | ✓             |
| <b>NATURE VALLEY TRAIL MIX</b><br>      | 24                    | 6         | 1         | 2           | ✓            | ✓               |          | ✓             |
| <b>NATURE VALLEY PROTEIN</b><br>      | 14                    | 6         | 5         | 10          |              |                 | ✓        | ✓             |
| <b>POWER BAR – Harvest Energy</b><br> | 22                    | 15        | 2         | 10          |              |                 | ✓        | ✓             |



| PRODUCT/ BRAND                                                                                                         | NUTRITION INFORMATION |           |           |             |              | IDEAL FOR       |          |               |
|------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------|-----------|-------------|--------------|-----------------|----------|---------------|
|                                                                                                                        | Carbohydrate (g)      | Sugar (g) | Fibre (g) | Protein (g) | Pre-exercise | During exercise | Recovery | Mid-day snack |
| <b>POWER BARS - Performance</b><br> | 39                    | 22        | 1         | 6           | ✓            | ✓               |          |               |
| <b>Q'IA BARS</b><br>                | 20                    | 7         | 4         | 5           | ✓            | ✓               |          | ✓             |
| <b>SIMPLY PROTEIN</b><br>           | 24                    | 1         | 7         | 2           |              |                 | ✓        | ✓             |
| <b>VECTOR ENERGY</b><br>           | 32                    | 19        | 3         | 9           | ✓            | ✓               | ✓        | ✓             |
| <b>VECTOR PROTEIN</b><br>         | 17                    | 8         | 8         | 11          | ✓            | ✓               | ✓        | ✓             |



| PRODUCT/ BRAND                                                                                                 | NUTRITION INFORMATION |           |           |             | IDEAL FOR    |                 |          |               |
|----------------------------------------------------------------------------------------------------------------|-----------------------|-----------|-----------|-------------|--------------|-----------------|----------|---------------|
|                                                                                                                | Carbohydrate (g)      | Sugar (g) | Fibre (g) | Protein (g) | Pre-exercise | During exercise | Recovery | Mid-day snack |
| <p><b>VEGA SNACK</b></p>    | 20                    | 8         | 2         | 4           | ✓            | ✓               |          | ✓             |
| <p><b>VEGA ENERGY</b></p>   | 29                    | 20        | 3         | 4           | ✓            |                 |          |               |
| <p><b>VEGA PROTEIN</b></p>  | 29                    | 19        | 4         | 15          |              |                 |          | ✓             |

How to choose the right bar:

| Nutrients | Sport Nutrition Bar (consumed before exercise) | Snack bar (consumed between meals) |
|-----------|------------------------------------------------|------------------------------------|
| Sugar     | Up to 15g                                      | Less than 8-10g                    |
| Fibre     | Less than 2-3g or as tolerated                 | At least 3-6g                      |
| Protein   | Less than 2-3g or as tolerated                 | At least 3-4g                      |

\* Be sure to try your bar out during practice and be familiar with how you feel while consuming it \*