

SMART SNACKING FOR HIGH SCHOOL ATHLETES



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Here at Precision Athletica we see a lot of high school aged athletes. It's likely that any parent of a teenager will be able to explain what happens to the fridge when their sons and daughters arrive home from school. The food quickly disappears and soon they are asking what's for dinner. Adding the high training loads these teenagers have to the equation and you can soon see that fuelling young athletes is not an easy task.

Special considerations need to be made for adolescent athletes to ensure their growth and development is being supported whilst maintaining optimal nutrition for training demands. Regular snacking is a great way to ensure our young athletes are meeting these increased requirements to keep up their energy and concentration levels throughout the day.

Maintaining a regular spread of protein and low GI carbohydrates is important to ensure adequate recovery between training sessions. Athletes should aim for 1.3-1.8g/kg/day of protein per day and ensure this intake is spread evenly throughout meals and snacks.

We have compiled a range of school friendly snacks that tick all the boxes for adolescent athletes. Great tasting, quick and convenient, these snacks are great to have on hand for when young athletes need a quick fuel top up.

- Air popped popcorn
- 30 g unsalted nuts
- Barley+ muesli bar
- Tuna and rice pack
- Roasted fava beans and chickpeas



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- High protein yoghurt
- Cheese and wholegrain crackers
- Hummus and veggie sticks
- Carmen's nut bar

If your young athlete isn't satisfied with a small snack, consider snack times as "mini-meals" and feed them something more substantial (especially after school).

The below **mini-meals** are high in carbohydrates and protein to fuel them through the day, and to assist with recovery, as well as helping to keep them full for longer.

- Cheese or peanut butter sandwiches
- Vitawheats topped with a tin of tuna
- Sirena Tuna & Rice packs
- Toast topped with ricotta cheese, cinnamon and strawberries
- Toast topped with ricotta cheese, sliced tomato and a drizzle of balsamic dressing
- Smoothies made with fruit, yoghurt, milk and ice
- Bowl of yoghurt topped with muesli and fruit
- Homemade zucchini slice/frittata
- Boiled eggs on vitawheats crackers
- Wholegrain English muffins topped with cheese and tuna
- Cheese toasted sandwiches or wraps

Give these snacks a go at school or at home next week. They all contain high quality protein to aid recovery and most of all, they taste great too!

Individual athlete needs vary depending on a variety of factors. Be sure to book in with **Precision Athletica Sports Dietitian - Kelsey Hutton** for more information and individualised advice.