



[www.WhitewaterFitness.com](http://www.WhitewaterFitness.com)

Sports Nutrition

Game Day Snacks

During long competitions, many athletes neglect their caloric needs. Most athletes drink plenty of fluids during activity. Many athletes claim eating will upset their stomach. Keep it light, and everyone can find something that works for them. If you are competing at a game or meet that lasts for many hours, you should have a small snack ready to fuel your performance.

Snack #1

Slice of Bread & 1/2 tbsp. Peanut Butter

Estimated Nutrition Facts:

Calories: 210 Fat: 10g Carbohydrates: 21g Fiber: 2g Protein: 10g

Snack #2

1/2 Banana & 1/2 cup Whole Oates Cereal

Estimated Nutrition Facts:

Calories: 175 Fat: 3g Carbohydrates: 28g Fiber: 3g Protein: 8g

