

# EXAMPLES OF HEALTHY SNACKS

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*The list of snacks below is to provide players and parents with ideas for healthy snacks and encourage them to try things they may not have tasted before.*

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The purpose of a snack is not to replace a meal but to provide energy in between meals and before physical activities. Preparing snacks at home and taking them along to school or practices saves time and money.

*Snack and energy bars might be an option in an emergency but ultimately, the nutritional values as well as the cost are in favor of homemade snacks.*

## HEALTHY SNACK IDEAS:

- Rice cakes with peanut butter and banana slices
- Rice cakes with tuna and tomato
- Rice cakes with humus and cucumber
- Brown bread with ham/vegan alternative and cheese
- Humus with carrot and celery sticks
- Plain yoghurt/soy yoghurt/oat yoghurt with granola and mixed berries
- Curd cheese (quark)/soy yoghurt/oat yoghurt with honey and mixed berries
- Pita bread stuffed with tomatoes, cucumber, chicken breast/other cold meat/tofu/quorn/humus and cheese/vegan cheese
- Muesli with banana and yoghurt/vegan alternative
- Pear and yoghurt drink/vegan alternative
- Brown bread with avocado and tomato salsa
- Handful of mixed nuts and an apple
- Cottage cheese/vegan alternative with mixed berries (fresh or frozen) and oats
- Boiled egg with brown bread and ham/cheese/vegan alternative
- Cantaloupe melon with dried ham
- Mixed raw vegetables with humus