SNACKS ON THE GO

Your post-training snack should contain some **carbohydrate** to replenish your fuel stores (glycogen) and **protein** to help with recovery and training adaptation

This should be consumed within **30 minutes** of finishing exercise!

Snack	Brand example	Benefit
Thins, bagels, bread etc.	Warburtons	Carbohydrate
Long life flavoured milk	Yazoo	Protein, calcium, carbohydrate
Raw nuts/seeds	Any (unsalted)	Protein, fibre, healthy fats, minerals
Dried fruit (apricots, figs, raisins)	Any (no added sugar)	Carbohydrate, iron (in some)
Roasted soya beans / chickpeas	The Food Doctor, Cofresh	Protein and carbohydrate
Peanut/nut/seed butter	Whole Earth (no added sugar)	Protein, fibre, healthy fats, minerals
Corn/Rice cakes and thins	Real Foods	Carbohydrate
Fresh fruit	Any, fresh	Carbohydrate and vitamins

Cold snack option	Brand example	Benefit
High protein fruit yoghurt pots (150-200 g)	Arla PROTEIN, SKYR, Fage	Protein, carbohydrate, calcium
Skimmed milk (pint bottles)	Any	Protein and calcium
Houmous (homemade! If bought reduced fat)	Tesco, Sainsbury	Protein, carbohydrate, fibre
0% fat cottage cheese / quark	Any	Protein and calcium

Replenish | Recover | Repair | Rehydrate

Performance Nutrition

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Examples of suitable combinations

Think first... assess what you need based on the intensity of each session, your individual goals, how far away your next meal is, time of training session... etc.

You should also have fluids with your recovery snack to start the rehydration process!

2 table spoons (40g) fat free Cottage cheese or quark on bread/thins/crackers

Peanut butter on 1 bagel

1 banana and pint of milk

1 tub high protein yoghurt (150 -200 g tub)

400 mL Flavoured low fat milk

1/3 cup (50g) Mixed fruit, nuts and seeds

2 tablespoons (40 g) Houmous on 3-4 wholegrain crackers

Small handful (30g)roasted beans and 1 piece fruit

2 homemade fruit & nut balls and 200 mL flavoured milk

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