

the center for the female athlete

# PRE-ACTIVITY SNACKS

Aim for fast acting carbohydrates 30-60 minutes before activity to top off your energy stores!



whole grain cereal

granola bar

dried fruit

fig bar

sweet potato

whole wheat english  
muffin with jelly

handful of  
pretzels

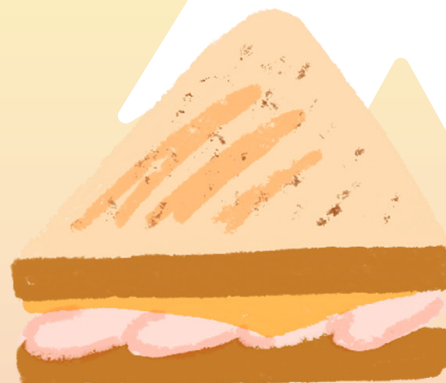
whole fruit such  
as a banana

whole wheat  
bagel

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# POST-ACTIVITY SNACKS

Aim to receive nutrients within 30-60 minutes after activity for optimal recovery.  
Replenish your body with both carbohydrates and protein!



chocolate milk

fresh fruit & nut butter

dried fruit & almonds

hard boiled egg & fruit

cheese stick with whole grain crackers

powerball with oats & peanut butter

turkey & cheese sandwich

greek yogurt with granola