

15 Healthy & Energizing Snack Ideas for Youth Athletes

Youth athletes need proper nutrition to help them stay energized, focused, and fit. Their nutrition (or lack thereof) can directly affect their performance, both on the field and off.

While it may be easier to grab a bag of potato chips on your way out the door, they provide absolutely zero nutrition. Instead look for foods that are rich in protein and fiber, and avoid those that are sugary and over processed.

Most children eat a snack about an hour to an hour and a half before their practices and games. Many times they will have another snack when we arrive back home.

Here are 15 healthy and energizing snack ideas to help your athlete play to their fullest potential:

- **Fruit (apples, bananas, oranges)**
- **Greek yogurt (add fresh berries and granola for even more of a nutritional boost!)**
- **Whole grain bagel with low-fat cream cheese**
- **Nuts or Trail Mix (peanuts, almonds, cashews, pistachios, etc.)**
- **Granola bars (be sure to check the sugar content first!)**
- **Boiled eggs (boil a bunch at the beginning of the week and keep them in the fridge)**
- **Smoothie (there are a ton of easy, delicious recipes available)**
- **Veggies (carrot sticks, celery, cucumber slices)**
- **Popcorn or Kettle Corn**
- **String cheese**
- **Peanut butter (slab it on crackers, apples, or celery)**
- **Sandwich (lean turkey meat and cheese on whole wheat bread)**
- **Turkey roll-ups (they're like a sandwich, without the bread)**
- **Applesauce**
- **No bake energy balls**