

# Packing Meals and Snacks for Student Athletes



Pack a balanced meal or snack by including several food groups – grains, lean protein, low-fat dairy, fruits and/or vegetables. Ideas:

## Protein

- Jerky
- Hard-boiled eggs
- Nuts - almonds, walnuts, cashews, peanuts
- Seeds - pumpkin, sunflower
- Lunch meat
- Peanut butter or nut butter

## Dairy

- String cheese
- Yogurt
- Cottage cheese
- Plain or flavored milk
- Sliced cheese

## Fruits

- Fresh fruit - bananas, oranges, apples, grapes, berries
- Dried fruit
- 100% fruit juice
- Freeze dried fruit
- Applesauce

## Vegetables

- Cucumber slices
- Carrot or celery sticks
- Bell pepper slices
- Cherry tomatoes
- Sugar snap peas

## Grains

- Crackers
- Dry cereal
- Rice cakes
- Pretzels
- Granola bar

## Other

- Sports drinks
- Water

*If your meal or snack includes perishable items such as lunch meats, eggs, cheese, yogurt, or cut fruits and vegetables, remember to keep them cold using ice or gel packs in a cooler or insulated lunch bag.*

**Combine food groups** to build satisfying snacks and meals. Be creative! Here are suggestions:

- Tortilla with peanut butter or nut butter and banana slices
- Trail mix made with nuts, seeds, dried fruit and whole grain cereal
- Yogurt with fresh or frozen berries and granola
- Turkey or ham and a slice of cheese rolled around a pretzel rod
- Vegetables with hummus or ranch dressing
- Yogurt parfait made with fruit and granola
- Turkey, ham and/or cheese sandwich on whole wheat bread
- Low-fat cottage cheese with fruit and crackers
- Fruit smoothie made with yogurt or milk (freeze ahead of time)
- Energy bites (See <https://go.unl.edu/energy-bites> for recipe)

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