

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

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



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

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)

