

	Quantity	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)	Sodium (mg)
<b>SNACK PRE-TRAINING (Weight Lifting)</b>						
Banana-fresh	1 medium	105	27	1.3	0.4	1.2
natures valley, Oats and Honey, granola bar	2 bars	180	29	4	6	160
Cliff Bar (oatmeal,raisin,walnut)	1 cookie	240	43	10	5	130
PR*F-Apples, raw, with skin	1 large 3.5 in	110.2	29.3	0.6	0.4	2.1
KELLOGG'S POP TARTS, Strawberry	1 pastry	204.9	36.9	2.4	5.5	184.6
Cookies, fig bars	2 cookie	111.4	22.7	1.2	2.3	112
CRACKERS Nabisco Ritz -Low sodium	10 crackers	160	20	2.3	8	70
Bar- Snicker-Marathon Protein	1 bar (80g)	290	33	28	9	260
Tri O Plex Cookie- Chocolate Chip	2 cookies	290	30	20	10	260
Detour Caramel Peanut	1 bar (43 g)	180	16	15	6	250
Kashi TLC -Honey Almond Flax	1 bar	140	19	7	5	115
Snacks, CHEX mix	2 oz (approx 1 1/3 cup)	241	36.9	6.2	9.8	576.6
Graham Crackers, plain	4 sml rect.	236.9	43	3.9	5.7	338.8

**SANWICHES:**

Eggo Lowfat Nutri-Grain Waffles	2 waffles	142.1	28.2	4.4	2.2	429.8
Krema Peanut Butter (Kroger)	1.5 tbsp	135	5.3	6.8	12	0
Banana-fresh	0.5 small	44.9	11.5	0.6	0.2	0.5
Apples, raw, with skin	0.5 cup diced	32.5	8.6	0.2	0.1	0.6
Mayonnaise, low sodium, low calorie or diet	2 tbsp	64.7	4.5	0.1	5.4	30.8
Nuts, pecans	0.125 cup, chopped	94.1	1.9	1.2	9.8	0
Kangaroo Pita Pockets-whole grain-(P-20)	1 pocket	80	16	4	1	100
Bread, white, commercially prepared, toasted	2 slice	128.9	23.9	4	1.8	260.5
ALMOND BUTTER- Plain- without salt.	1.5 tbsp	148.4	5	3.5	13.9	2.6
Honey	1 tbsp	64.4	17.5	0.1	0	0.8
Croissants, butter	1 croissant, large	272	30.7	5.5	14.1	498.5
Jams and Preserves--low sugar	2 tbsp	111.2	27.5	0.1	0	12.8

**DRINKS:**

G2 Drink (20 flozs)	1 bottle	70	17			270
GATORADE Lemon Lime Flavor Mix, powder	1 scoop	77.7	20.3	0	0	128.6
POWERade 21 floz	1 serving	140	36	0	0	115
Orange-flavor drink, KRAFT, TANG Drink Mix	3 tsp	137.3	36.9	0	0	3

**REMINDERS:**

Players need a easily digested food that can be used by the body immediately. (High carbs, good fats, moderate protein)

Fruits are good but BURN fast!

Drinks are Crucial!

Proteins are necessary PRE work out but MORE so POST.

Proteins and Fat will help the carbs burn slower for the body to use.

Avoid high sugar on carb choices, but more whole grain carbs.

Use a fruit to help get the metabolism kicked in, but eat with another food.