

EAT 2 COMPETE



Topping up your Energy Levels

It is important that you maintain your energy levels to be able to train hard. This can be difficult to do if you rely just on your main meals. The list below includes snacks that are energy providers for between meals, before training and matches and after training and matches. The snacks with HP beside them indicate that they are also a good source of protein.

Snack Pack (HP = high protein)

- Cereal and energy bars
- Currant bread and jam
- Drinking yogurt (HP)
- Large bowl of breakfast cereal (HP)
- ½ pint of semi skimmed milk (HP)
- Low fat yogurt (HP)
- Tub of custard/rice (HP)
- Fresh fruit or dried fruit or tinned fruit
- Jaffa cakes or Fig rolls
- Pancake and jam
- Scone and jam
- Rice cakes snacks
- Can/glass of fizzy drink (max 1 a day)
- Small chocolate bar (max 1 a day)
- Flavoured milk (eg yazoo) (HP)
- Smoothie or milkshake (HP)

