

Grab-n-Go Foods

High Performance Foods Grab-n-Go!

Carbohydrates rule as fuel. Carbohydrates are the body's preferred energy source and the main fuel for working muscles. These carbohydrate-rich foods are quick-to-fix for snacks at home, practice or pre-event. Keep foods cold with ice packs, coolers or Thermos® bottles.

- Yogurt and granola
- Fresh fruit
- Whole-grain bagel
- Pretzels
- Fig Newtons
- Breakfast cereals (single-serve)
- Dried apricots, raisins and nuts
- 100% fruit juice
- Trail mix
- Instant breakfast drinks
- Peanut butter and crackers
- Rice cakes
- String cheese and crackers
- PB & J
- Tortilla with cheese
- Tuna and crackers
- Pudding
- Cherry tomatoes
- Baby carrots and hummus
- Animal crackers
- Smoothies
- Granola bars
- Graham crackers
- Baked sweet potato
- Low-fat popcorn
- Flavored milk



Graham Cracker Scram

- 2 graham crackers
- Peanut butter
- Banana
- Milk

Spread peanut butter on two graham crackers. Put banana slices on top. Enjoy a glass of milk with your snack.

Monkey Mix

Makes 6 half-cup servings

- 1 ¼ cups dried bananas
- 1 cup dried papaya
- 1 cup dried mango
- ¼ cup coconut
- ¼ cup mini chocolate chips

Combine ingredients and enjoy!

Grand - Slam Cracker Stax

Makes 4 Stax

- 12 crackers
- 4 slices of cheese
- 4 cucumber or tomato slices

Start with a cracker. Put a piece of cheese on the cracker. Add another cracker. Add a cucumber or tomato slice (or both). Top with a cracker. Open wide!

For more recipes, visit NationalDairyCouncil.org.

Tips for the Road

If your sport takes you on the road – whether by plane, train or automobile – you often find yourself eating out. With a little consideration, the meals you eat away from home can be just the fuel your body needs.

- Choose waffles, pancakes, oatmeal, yogurt, cereal with milk, fruit and juice
- Try a yogurt parfait
- Select darker, more dense sandwich breads
- Try baked potatoes and salads, small hamburgers or chili
- Enjoy water or milk rather than soft drinks
- Order thick-crust pizza and double the vegetable toppings
- Choose red sauce on pasta



PEAK POINT

Remember, your body needs 40+ nutrients each day and the best way to get them is by eating a wide variety of foods.

