



USOPC

Fueling Strategies: Snacks

Snacks Recommendations

Carbohydrates:

Pre- & Post-Training:
(Within 30 minutes)
30g

During training:
(After 60 minutes)
30-60g/hr

Protein:

(Post-training)
~20-25g

If you have a second training session, eat a snack 30-60 minutes before training. If <15 minutes eat something easily digestible like a banana/Honey Stinger Gel/Clif Blok.

- 1 pouch of apple sauce (16g of CHO; 0g of PRO)
- 1 rice cakes (7g of CHO; 1g of PRO)
- 1 medium apple (25g of CHO; 0g of PRO)
- 1 medium banana (27g of CHO; 1g of PRO)
- 1 small pretzel bag (48g of CHO; 6g of PRO)
- 1 fig bar (20g of CHO; 2g of PRO)
- 1 ounce of mixed nuts (6g of CHO; 6g of PRO)
- 1 ounce trail mix (13g of CHO; 4g of PRO)
- 1 ounce pkt. peanut butter (6g of CHO; 7g of PRO)
- 1 ounce of dried fruit (23g of CHO; 0g of PRO)
- 1 pack of Annie's fruit snacks (19g of CHO; 0g of PRO)
- 1 fruit leather (~18g of CHO; 0g of PRO)
- 1 snack pack of jerky (6g of CHO; 11g of PRO)
- 8oz cherry juice (28g of CHO; 2g of PRO)
- Nature valley granola bar (15g of CHO; 2g of PRO)
- 8oz Coconut water (9g of CHO; 1.5 g of PRO)
- 1 Tuna packet - 2.6oz (0g of CHO; 17g of PRO)
- 8 fl oz. chocolate milk (24g of CHO; 7g of PRO)
- 1 packet of Clif Shots (25g of CHO; 0g of PRO)
- 3 Clif Bloks (24g of CHO; 0g of PRO)
- 1 honey stinger bar (18g of CHO; 10g of PRO)
- 1 pure protein bar (17g of CHO; 21g of PRO)
- 1/2 BiPro water (0g of CHO; 20g of PRO)

