

Sports Snacks

In order to maintain or gain weight as an athlete, it is important to consume at least 5 to 6 meals throughout the day. It is often difficult to consume all meals in the dining hall; therefore a large snack may take the place of a meal. The snacks listed below are easy to transport and can be eaten on-the-go. Discuss individualized needs with a coach or registered dietitian.

Fruits

Food Item	Serving Size	Calories
Banana	1 medium	110
Apple	1 medium	80
Pear	1 medium	100
Dried Fruit	Handful	100

Drinks

Food Item	Serving Size	Calories
Powerade	8 ounces	80
Juice	8 ounces	120
Juice Box	1 box	100
Sweetened Ice Tea	8 ounces	85
Skim Milk	8 ounces	80
Chocolate Milk	8 ounces	220

Snack Foods

Food Item	Serving Size	Calories
Peanut Butter Crackers	6 crackers	210
Chewy Granola Bar	1 bar	120
Trail Mix	Handful	200
Peanut Butter	1 Tbsp.	95
Nature Valley Granola Bar	2 bars	180
Clif Bar	1 bar	250
Mixed Nuts	Handful	170
Pretzels	7 small pretzels	110
Fig Newtons	4 cookies	200
Flavored Yogurt	1 cup	150
½ Bagel	½ bagel	175
String Cheese	1 each	75
Granola	½ cup	160



Office of Health Promotion
Health Services Building, 1st floor
610.519.7407
www.villanova.edu/healthpromotion