



COOLER SNACK PACKING LIST

* Note: These are snack suggestions. It is not an exhaustive list and does not take into consideration food allergies.

Snacks									
Carbohydrates:									
	Pretzels/crackers		High-carb energy bars		Bagels/bread slices		Popcorn		Fig bars
	Granola bars/granola		Graham crackers/ vanilla wafers		Fresh fruit/dried fruit		Sliced vegetables (e.g., carrots, peppers)		
Proteins:									
	String cheese/ cottage cheese		Tuna or chicken salad kits		pudding		Nuts		Hummus dip
	Hard-boiled eggs		Luncheon meat						
Salt Sources:									
	Pickles		Broth Soups/bouillon cubes						
Portable Food Sources:									
	Peanut butter crackers		"Go Picnic" snack boxes		Hummus and pretzels		Trail mix (nuts & dried fruit)		



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Hydration		
Bottled water		Sports drinks
Flavored seltzer waters		Fruit/vegetable smoothies
100% natural fruit juice		Low-fat chocolate milk
Tomato juice		
Before Practice/Match:		
16-20 oz., two hours before		
During Practice/Match		
Four 8 oz. or eight 16oz., depending on light or heavy sweating during changeover.		
After Practice/Match		
One 24oz. bottle of sport drink per pound of body weight lost, within a two-hour period.		
6-8% carbohydrate content with electrolytes is the ideal sports drink.		
*Beverages containing caffeine, alcohol or carbonation are not effective for optimal hydration.		

Sports Foods			
One Hour Before Practice/Match			
16-20 oz., two hours before			
During Practice/Match			
	Energy gels (caffeine free)		Sports jelly beans
	Pretzels		
After Practice/Match (within 30-45 min.)			
	Protein bar		Low-fat chocolate milk
	Balanced protein drinks that contain no more than 30% of the calories from protein sources, such as Boost, Ensure, Gatorade Recovery, etc.		
Other			