

What's good to eat?

If you head off to school, university or work around training times it's important to plan ahead and make sure you have the right foods packed. That way the fuel needed to prepare and recover from training will be available.

Most of these snacks contain both carbohydrate and protein so they are great before and after training – they don't require much preparation so they are easy to pack and take with you.

These snacks are ready to grab and go:

- Sustagen popper*
- Up and Go popper*
- 100g-200g low fat yoghurt*
- Le Rice

Freeze these the night before and take them frozen in the morning. They will be defrosted, cold and ready to eat by morning tea or lunch if you don't have a fridge to keep them in.

If you're at home and have time to prepare a quick snack/meal:

- 2 slices whole meal toast with 140g tin baked beans
- 2 slices whole meal toast with 1-2 eggs – boiled / scrambled / poached
- Toasted sandwich with ham/low fat cheese/tomato
- 1 cup wholegrain cereal and skim or light milk
- Low fat yoghurt and fruit salad
- Fruit smoothie made with 1 cup skim milk, 1 piece fruit, ice, 100g low fat yoghurt – include a scoop of Sustagen or skim milk powder if gaining weight
- 1 cup cooked tomato pasta with 1tb low fat cheese
- Half packet of 90 sec micro rice with a 95g tin of flavoured tuna stirred through
- Low fat 2 min noodle cups – add some extra frozen veges and some leftover chicken or beef
- Celery sticks with cottage cheese or ricotta and sultanas and a piece of fruit
- 2 slices toast with ½ cup cottage cheese & tomato - use thick cut toast if gaining weight
- Mini pizzas on English muffins with low fat cheese
- Rice crackers and vege sticks with hummus
- 2 slices regular raisin toast with low fat ricotta - use thick/cafe cut if gaining weight
- Jacket potato with creamed corn or baked beans and some low fat cheese

If you are out and about good things to grab might be:

- Bread roll, fruit bun, scone or non iced apple scroll from Bakers Delight or bakery
- Medium size low fat Boost smoothie
- Ham or Chicken salad wrap – try to avoid fried or fatty meats, mayo or fatty cheeses
- Low fat ice cream or frozen yoghurt - Moo/ Paddle pop / Bulla frozen Yoghurt
- Raisin toast with a skim coffee
- 2 Sushi rolls – ensure it is fresh and refrigerated
- Low fat flavoured milk – Moove / Rush / Just Natural
- 100% fruit juice

Take these with you to have between meals or as a pre training carbohydrate boost

- 1-2 slices raisin bread with jam
- Jam or honey white bread sandwich*
- 2 Crumpets or 1 English muffin with honey, jam or vegemite - limit butter/margarine
- Low fat cheese sandwich*
- Dried fruit
- Peanut butter sandwich - limit if trying to reduce fat levels
- Powerade 600ml*
- Piece of fruit – banana or diced fruit tub
- Banana sandwich = 1 banana and a roll or 1-2 slices bread*

Straight from the cupboard – non perishable, no prep or refrigeration needed

- 200g tin Heinz Creamed rice*
- 220g Tin baked beans or spaghetti
- 4-6 Vita-Weat or 2 Salada with 95g tin light tuna or a spread
- Muesli/cereal bar – oat/grain based* - avoid choc coated, yoghurt tops and fruit straps
- Box of sultanas or dried fruit combos

*suitable for during training and long sessions more than 60-90 minutes