

# Refuel with Healthy Snacks.

## Fuel to go, go, go.

With so much sport, and so little time, snacks are vital for refuelling— especially between meals or before and after games. To make the right choice, be sure to look for snacks that are low in fat, are a good source of complex carbohydrates, and include lots of fruit and vegetables. Remember: To perform at your peak, choose the right snacks as part of a balanced diet. Here's a few top snack ideas to try:

- Fresh or canned fruit
- Bananas
- Fruit smoothies
- Low fat yoghurt
- Low fat fruit muffins
- Fresh fruit salad
- Fruit toast
- Crisp breads and low fat spread
- Sandwiches – Banana, meat and salad or low fat cheese
- 100% fruit juice
- Reduced fat flavoured milk

