

Building Healthy Snacks



Fuel your body

As an active junior, it is important to fuel your body! This will help you perform at your best in sport, and support your growth and wellbeing.

Having snacks available can help to keep your energy up throughout the day! Snacks are also great for topping up the tank before intense training.

It is important to find the snacks that work best for you on training days, so you know what works on game day!

If you're buying something from a canteen or kiosk, look for:

- Cheese and cracker packs
- Fruit
- Fruit toast
- Plain popcorn
- Toasted sandwiches
- Yoghurt cups



Tasty snack ideas:

- Small chocolate milk
- Corn pikelets
- Fruit toast
- Fruit
- Mini Pizza
- Mac and cheese muffins
- Muesli bar (choose bars with more than 3g of fibre per bar!)
- Pikelets
- Rice cakes with spread (e.g avocado)
- Toast with spread (e.g nut paste or ricotta)
- Vegetable sticks and dip (e.g hummus, pesto)
- Blueberry and lemon muffins
- Yoghurt – top tip: you can freeze this so that it stays cold throughout the day.



Top Tip!

Make sure your snacks have a source of protein and carbohydrate to keep you fuller for longer!

For example, add nuts to your yoghurt or have fruit with cheese

Check out the [Fuel to Go & Play®](#) recipe page for more great ideas!

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