



SAINTS ATHLETICS *Nutrition Guide*

When it comes to sports nutrition, it's not just about what you eat, but when you eat it and what else you eat it with. Balance is the name of the game, and young athletes should plan on a healthy mix of **carbs** (dairy, fruit, grains), **fat** (nuts, seeds, avocado, oils), and **protein** (meat/fish, eggs, beans, tofu) to fuel their performances.

Saints Athletics has partnered with **Dana White**, a registered dietitian and certified athletic trainer, to help Canterbury students fuel performance and excel in their sport.

Pre-Game Snacks

Try these balanced snacks within an hour of game time for an extra boost of energy.

- Applesauce
- Chocolate milk
- Cold cuts
- Core Power protein shake
- Dried/fresh fruit with nut butter, lean turkey or beef jerky, or chocolate milk*
- Dry cereal*
- Fig Newtons
- Fruit snacks/leather*
- Fresh Fruit—bananas, apples, pears, clementines
- Gatorade
- Granola Bar—Nature Valley, Chewy, Clif Thins
- Greek yogurt
- Guacamole
- Half a bagel*
- Hummus and crackers or pretzels*
- Oatmeal
- Peanut butter and jam/honey sandwich*
- Peanut butter crackers*
- Popcorn and nuts*
- Protein Bars—Clif, KIND, Kashi, Larabar*
- Rice cakes
- Rice Krispie treats
- String cheese
- Trail mix*
- Whole grain crackers with tuna or hummus*

Recovery Meals

Meals that combine healthy carbs, protein, and colorful produce to revitalize muscles and restore energy after a game or tough practice.

- **Chili Bowls:** Turkey chili, rice, and toppings like cheese and avocado
- **Fajitas:** Chicken/steak/vegetables, tortillas, chips, salsa, and guacamole
- **Hamburger:** Burger patty on a whole wheat bun, pasta/potato salad, and whole grain chips
- **Pasta:** Pasta, protein, and salad
- **Rice bowls:** Rice, protein, vegetables, and sauces
- **Sandwiches:** Cold cuts or fresh mozzarella, whole grain chips, fruit, and soup
- **Dessert Options:** Cookies and fruit salad; mini-cupcakes and watermelon; brownies and clementines
- **Fluid Options:** Gatorade, seltzer

Bedtime Snacks

These snacks should prioritize protein or healthy fats. This pairing stabilizes blood sugar and promotes a good night's sleep.

- Avocado toast
- Cereal with milk
- Cheese stick with fruit
- Cottage cheese and fruit
- Fruit with nut butter
- Greek yogurt and granola
- Protein shake or smoothie bowl

**Bites that are always a good bet, whether you're on the bus, in the locker room, or getting ready for practice.*

About Dana White

Dana is a registered dietitian and Certified Athletic Trainer who provides emergency medicine and rehabilitation services to high school, college, and professional athletes. She currently serves as the sports dietitian and clinical faculty at Quinnipiac University. Dana earned a Masters Degree in Nutrition Education from Teachers' College, Columbia University, and a Bachelor's degree from Quinnipiac University in Sports Medicine. She is the author of nine cookbooks and has served on the advisory boards of Verywell, Chobani, and Healthy Happy Kids, among others. Learn more: danawhitenutrition.com.