

Youth Fueling: Nutrition Manual for Sports Performance

Post School Snacks for Practice and Games *Packable Options*

Quantified Nutrition Sport Drink (*Section 1.1*)

This is our number one option! We have had great experience with all of our athletes at every age. Provides a great energy source and is very easy on the stomach during digestion

Dried Fruits

Trail Mix (*Chocolate is ok*)

Fresh Fruits

Protein and Carb Mix

Jerky

PB + J

Rice Cakes

Coconut Water

Pretzels and Peanut Butter

Coconut Flakes

Gronola Mix

To view section and purchase **Youth Fueling: Nutrition Manual for Sports Performance** in its entirety visit:

<http://store.xlathlete.com/product-p/youthnutrition.htm>

**Table 1.6.2*