

Strength & Conditioning Tip of the Week for July 4, 2001

Healthy snacks

An extremely important part of training well is learning to follow a healthy diet. For athletes trying to practice and compete often, developing good habits with the snacks you choose can be critical to having the right kind of energy to draw upon.

Some healthy snacks to build into your routine:

For drinks we suggest water, sport drinks, or unsweetened fruit juice.

For sandwiches:

Use whole grain bread, pita bread, or bagels with the following ingredients(get creative): plain tuna; turkey; boiled ham; lean roast beef; lean meats(95-98% fat free); low fat cheese.

Top off with lettuce, tomatoes, mustard, catsup or very small amounts of low fat mayonnaise. Regular mayo is very high in fat.

Getting into the habit of eating cut-up raw vegetables is also very healthy. Learn to eat them plain or with yogurt or other low fat dips (avoid high fat dips).

Things to avoid: chips, snack cakes, candy, and soft drinks.

If you have to eat cookies, try graham crackers, Fig Newton's, or ginger snaps.

As we've mentioned in several tips in the past, the key is to develop habits of excellence. The fuel you put into your body has a lot to do with your ability to train, practice and compete well. Start today to develop good habits, and good luck.