



Snacks and Supper Ideas

Select:

1 Fruit Portion and choose 1-2 from below

(1 Fruit Portion = 1 fresh or ½ cup tin/frozen or ¼ cup dried or stewed)

2 slices Burgan Fruit Toast with Marg
2 slices Vogels Muesli Toast with Marg
2 slices Pams Heritage Wholegrain Toast with Spreads
Pottle Yoghurt/Dairy Food
250ml Flavoured Milk (Low fat <2g fat per 100ml)
Up and Go Vibe
½ cup Wholegrain Cereal with Trim Milk
2 Weetbix with ½ cup tin Fruit and Trim Milk
1 English Muffin/ Muffin Split with 1 tsp Honey or Jam
4 Vita Wheats or 1 Row Rice Crackers or 2 Corn Thins with 85g Tuna/Salmon
Cereal Bar (Low fat <6g fat per bar)
4 Vita Wheats with 1 tbsp low fat Hummus (Lisa's Original)
2 Corn Thins with 2 tsp Peanut Butter, sliced Banana & Cinnamon
½ cup Peanuts and Raisins
200g tin Creamed Rice
Small Fruit Muffin or Date Scone
½ cup Dried Fruit & Nuts (eg 4 Dried Apricot & 8 Almonds)
2 Small Pikelets with 1tsp Honey or Jam
1 cup Low Fat Custard
Trim Milk Milo (2tsp Milo, 250ml Trim Milk)
Toastie/Sandwich with 1 protein option (Cheese/Egg/Ham/Chicken)

Choose 2-4 of these snacks each day
Morning, Afternoon, Pre and Post Training and Supper

The number of snacks you need each day depend on your energy requirements, training load and body composition goals.

If unsure please check with your sport nutritionist.

Human Performance Consultants Ltd

(03) 21 71290

Aimee Burns

BCApSc (HUNT), PGDipDiet (Credit), MSc (Distinction), NZRD

Sports and Health Dietitian

027 476 0543

enquires@hpc.ac.nz