



**your  
choice**

to healthy living

Highland Council and NHS Highland

**do  
roghainn-sa**

beatha fhallain

**sporty snacks**

## Drink up...

You don't need to buy a special sports drink, the best drinks to rehydrate and/or give you energy are:

- Fruit juice diluted with water (half fruit juice, half water).
- Water.
- Diluting Juice\*.

\*Diluting Juice is not for every day use. It is only OK to give you an energy boost during sports.

## Top tips

for future famous athletes!

- Eat plenty of bread, pasta, potatoes and rice.
- Give crisps a rest – they're too high in fat and salt for sport.
- You don't need extra salt even if you get really sweaty – there's plenty in the food you eat.
- Cheese and mayonnaise are high fat sandwich fillings – why not mix your tuna with tomato sauce instead!
- Bananas are a brilliant sporty snack.
- Some of these sporty snacks are high in sugar so remember to clean your teeth twice a day with a fluoride toothpaste!

## Fuel up...

Sporty bodies need loads of energy. Eat the right foods to give you the right fuel to give you energy for your sport.

Foods for fuel are based on starchy foods, fruit and vegetables.

**Stash some of these snacks in your kit bag:**

- Bread – especially wholemeal, granary, or a fibre loaf. Spread it with jam/honey/peanut butter or low fat sandwich filling such as low fat houmous/ham/chicken/turkey/cottage cheese or egg for a high octane burn.
- Fresh fruit
- Dried fruit – e.g. apricots/raisins.
- Tinned fruit in juice e.g. fruitini.
- Lower fat baking – Malt loaf/Garibaldi biscuits/Jaffa Cakes.
- Scones/pancakes with jam/honey.
- Low fat cereal bars – Kellogs Nutrigrain bars/Jordans Fruesli bars.
- Low fat yoghurts.
- Rice pudding pots.

**Snacks for the club house/home:**

- Toast especially wholemeal, granary or a fibre loaf with jam/honey/peanut butter.
- Bagels.
- Beans on toast.
- Breakfast cereals – Weetabix; Cornflakes, fruit and fibre, malties.
- Porridge.
- Soup (lentil, green pea, thick vegetables) with a chunk of bread
- Pasta with tomato sauce.
- Baked potatoes with low fat filling – beans/chilli/cottage cheese/tuna.
- Fruit/fruit salad.
- Low fat yoghurts.
- Smoothies.



**Louise Thomas, Health Promoting Schools Development Manager**

[louise.thomas@hnb.scot.nhs.uk](mailto:louise.thomas@hnb.scot.nhs.uk)

**Fiona Clarke, Health Promotion Specialist**

[fiona.clarke@hnb.scot.nhs.uk](mailto:fiona.clarke@hnb.scot.nhs.uk)

**NHS Highland,  
Assynt House,  
Beechwood Park,  
Inverness  
IV2 3HG**