Thank you for offering to provide snacks for CA student athletes! Here are some suggestions for providing snacks that student athletes can enjoy and will fuel high performance in athletic settings.

First, consider the science behind fueling athletic performance: our bodies need glucose to perform optimally. We should fuel with a snack (or meal) within 2 minutes to 2 hours of an athletic event. This will help fuel high performance in athletics and avoid “bonking”.

It’s important to understand the ‘value’ snack foods have (glycemic index) and how they fuel the body for optimal performance. For athletic events, **moderate to high** glycemic snacks may be better to fuel athletic performance, especially those that call for short bursts of high intensity (track and field sprints, for example). For endurance sports, (aerobic activity that lasts 30-45 minutes and longer), you may be better served in choosing snacks that combine both a **low** or **moderate** with a **high** glycemic index food.

The body looks to replenish glycogen in the muscles within 30-60 minutes of an exercise session (training) or athletic event. It’s important to have a snack within that 30-60 minute timeframe. **Moderate or high** glycemic snacks are appropriate at this time (for quick absorption) while **low** glycemic snacks should be combined with **moderate** or **high** glycemic snack foods.

**Glycemic Index and examples of snack foods that fall in each category:**

<table>
<thead>
<tr>
<th>LOW GLYCEMIC—lasts 2 hours</th>
<th>MODERATE GLYCEMIC—lasts 1 hr.</th>
<th>HIGH GLYCEMIC—lasts 30 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, Apricots, Cheese, Cherries, Coconut, Grapefruit, Hummus, Nectarines, many Nutrition bars, Nuts (all), Oranges, Peaches, Pears, Plums, all nut and seed butters (peanut, sunflower, almond), Seeds (all), most vegetables, most yogurts</td>
<td>Bananas, Berries (all), Cantaloupe, Carrots, Cereal bars, Crackers (hi-fiber), Flatbread, Fruit bars, Granola, Granola bars, Grapes, Sweet potatoes, Tortillas.</td>
<td>Bagels, Corn chips, Crackers (no fiber), Graham Crackers, Pretzels, Pumpkin, Rice Cakes, Rice snacks, Sports drinks, Watermelon.</td>
</tr>
</tbody>
</table>

**Snack ideas for athletic settings (before, during and after events):** bananas, grapes, oranges, watermelon, bagels, pretzels, ________ squeezable applesauce, nutrition, cereal and/or granola bars, nut butter and crackers, sports drinks (needed mostly for warm/hot weather and/or high intensity athletics) and, of course, plenty of WATER!

**Nutrition bar recommendations (read labels to avoid nut ingredients):** Z bars (by Clif), Luna Bar, Kind Bar, Avalanche Bars, Belvita, Nature Valley Granola Bars, Balance Bars, Nothin’ But bars.

Please remember:

- *If you are bringing in food to be shared, we ask that the food items be nut-free due to the severe allergic reactions that can occur.*
- Some students wear braces and need to avoid hard and sticky foods. If you bring apples or carrots, please cut them up to avoid braces damage.

Thank you on behalf of the PTAA and all Cary Academy students, coaches, and parents! Go Chargers!

*Authored by the Cary Academy PTAA 2017-2018 Health & Wellness Committee - version 1*