

SCHOOL OF
STRENGTH

SNACK ZONE



SNACK TRACKER

Welcome to the **School of Strength: Snack Zone Snack Tracker**. Use this tool as a daily guide to help you discover new healthy snacks. Learn tips on how to make them. Learn how smart snacking can help you as an athlete. Write down the name of your healthy snack swap each day, and check the macronutrients that were in that day's snack.

After going through the **Snack Tracker**, use the recipes to make your own **Snacking Playbook** with your favorite healthy snack recipes and useful notes.

Share your snack journey with us! Post pictures of your snack tracker on social media. Don't forget to tag us!
@SpecialOlympics #InclusiveHealth #SnackZone



DAY 1



**SNACK IDEA:
SCRAMBLED EGGS**

PRO TIP

Swap sugary breakfast food for a protein-packed snack. Scrambled eggs are loaded with protein. Protein helps build muscle to help you become stronger.

DAY 2



**SNACK IDEA:
APPLE SLICES
WITH NUT BUTTER**

PRO TIP

Swap potato chips for apple slices with nut butter instead. Apples are a great source of carbohydrates. Carbohydrates give you quick energy. Nut butters are loaded with healthy fats. Healthy fats give you energy for workouts over an hour.

DAY 3



**SNACK IDEA:
AIR-POPPED POPCORN**

PRO TIP

Microwave popcorn is high in saturated fats. Try air-popped popcorn. It has carbohydrates. Carbohydrates keep you full. They give you quick energy during trainings and competitions.

DAY 4



**SNACK IDEA:
NONFAT YOGURT
WITH BLUEBERRIES**

PRO TIP

Swap out your candy for nonfat yogurt with blueberries. This snack is loaded with proteins and carbohydrates. This will make you a strong athlete.

DAY 5



**SNACK IDEA:
LIGHTLY SALTED
MIXED NUTS**

PRO TIP

Lots of snacks are crunchy, but foods like potato chips are often loaded with salt and saturated fats. Swap for a small bowl of lightly salted mixed nuts. Mixed nuts are loaded with healthy protein and fats. A portion of mixed nuts is a palmful.

Today I swapped out

_____ **for** _____

because it is loaded with
 CARBOHYDRATES
 PROTEIN
 HEALTHY FATS
that will help me be a better athlete.

Today I swapped out

_____ **for** _____

because it is loaded with
 CARBOHYDRATES
 PROTEIN
 HEALTHY FATS
that will help me be a better athlete.

Today I swapped out

_____ **for** _____

because it is loaded with
 CARBOHYDRATES
 PROTEIN
 HEALTHY FATS
that will help me be a better athlete.

Today I swapped out

_____ **for** _____

because it is loaded with
 CARBOHYDRATES
 PROTEIN
 HEALTHY FATS
that will help me be a better athlete.

Today I swapped out

_____ **for** _____

because it is loaded with
 CARBOHYDRATES
 PROTEIN
 HEALTHY FATS
that will help me be a better athlete.

Some snacks can make an athlete thirsty. The best beverage to pair with your healthy snack is water. Water is the best way for your body to stay hydrated.

DAY 6



**SNACK IDEA:
PROTEIN SHAKE**

PRO TIP

Swap out a pudding for a protein shake. Protein shakes have the protein your body needs to grow stronger.

DAY 7



**SNACK IDEA:
SLICED BANANA
WITH PEANUT BUTTER**

PRO TIP

A sliced banana with peanut butter is a great snack. It is sweet and has carbohydrates. Carbohydrates give you energy. It also has healthy fats. Healthy fats help improve your endurance.

DAY 8



**SNACK IDEA:
PITA CHIPS
AND GUACAMOLE**

PRO TIP

Swap out your favorite chips and dip for pita chips and guacamole. Pita chips are a healthier carbohydrate choice. Guacamole has healthy fats. Healthy fats help to improve your endurance.

DAY 9



**SNACK IDEA:
WHOLE-GRAIN
CRACKERS**

PRO TIP

Try snacking on some whole-grain crackers. Whole-grain crackers have carbohydrates that can give you energy to compete.

DAY 10



**SNACK IDEA:
LEAN LUNCH MEAT AND
CHEESE ROLL-UPS**

PRO TIP

If you are in need of a snack after exercising, try snacking on some lean lunch meat and cheese roll-ups. Try lean meat like turkey or chicken breast. This snack is loaded with protein that will help you grow stronger.

Today I swapped out

for

because it is loaded with

- CARBOHYDRATES**
- PROTEIN**
- HEALTHY FATS**

that will help me be a better athlete.

Today I swapped out

for

because it is loaded with

- CARBOHYDRATES**
- PROTEIN**
- HEALTHY FATS**

that will help me be a better athlete.

Today I swapped out

for

because it is loaded with

- CARBOHYDRATES**
- PROTEIN**
- HEALTHY FATS**

that will help me be a better athlete.

Today I swapped out

for

because it is loaded with

- CARBOHYDRATES**
- PROTEIN**
- HEALTHY FATS**

that will help me be a better athlete.

Today I swapped out






for

because it is loaded with

- CARBOHYDRATES**
- PROTEIN**
- HEALTHY FATS**

that will help me be a better athlete.

Snacking is an important part of any athlete's diet, but it is important to not snack too often. The proper number of snacks per day is between one and three snacks.

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
				
SNACK IDEA: VEGGIE STICKS AND SPICY GREEK YOGURT DIP	SNACK IDEA: FRESH ORANGE SLICES	SNACK IDEA: WHOLE GRAIN CRACKERS AND SALSA	SNACK IDEA: HARD-BOILED EGG	SNACK IDEA: LOW-FAT COTTAGE CHEESE WITH TOMATO SLICES
PRO TIP	PRO TIP	PRO TIP	PRO TIP	PRO TIP
If you are craving a spicy snack, try veggie sticks and spicy Greek yogurt dip. Cut veggies into sticks. Eat them with nonfat Greek yogurt with hot sauce. This snack is loaded with carbohydrates that give you energy.	Fresh orange slices are a great ready-to-eat snack for athletes. Oranges have healthy carbs. Carbs give you energy.	Replace your tortilla chips with whole grain crackers to dip in your favorite salsa! Whole grain crackers have healthy carbohydrates. Carbs can give athletes extra energy while exercising.	Eggs can be a great snacking option at any time of the day. Hard-boiled eggs are loaded with protein. Protein helps with muscle growth and strength.	Try low-fat cottage cheese with tomato slices. This is the perfect quick snack. Low-fat cottage cheese is loaded with protein. Protein helps build muscles. Tomatoes have carbohydrates for energy.

Today I swapped out	Today I swapped out	Today I swapped out	Today I swapped out	Today I swapped out
for	for	for	for	for
because it is loaded with	because it is loaded with	because it is loaded with	because it is loaded with	because it is loaded with
<input type="checkbox"/>  CARBOHYDRATES	<input type="checkbox"/>  CARBOHYDRATES	<input type="checkbox"/>  CARBOHYDRATES	<input type="checkbox"/>  CARBOHYDRATES	<input type="checkbox"/>  CARBOHYDRATES
<input type="checkbox"/>  PROTEIN	<input type="checkbox"/>  PROTEIN	<input type="checkbox"/>  PROTEIN	<input type="checkbox"/>  PROTEIN	<input type="checkbox"/>  PROTEIN
<input type="checkbox"/>  HEALTHY FATS	<input type="checkbox"/>  HEALTHY FATS	<input type="checkbox"/>  HEALTHY FATS	<input type="checkbox"/>  HEALTHY FATS	<input type="checkbox"/>  HEALTHY FATS
that will help me be a better athlete.	that will help me be a better athlete.	that will help me be a better athlete.	that will help me be a better athlete.	that will help me be a better athlete.

Lots of snacks have more than just macronutrients. For example, oranges are loaded with vitamin C, which can help protect your skin from sun damage when you are playing outside.

Congratulations on completing the Snack Tracker! You are now on your way to making healthy snacking a part of your every day and becoming a better athlete along the way.