

SCHOOL OF
STRENGTH

SNACK ZONE

Special
Olympics



SNACKING PLAYBOOK



HELLO, ATHLETES!

Good health starts at home. Do the activities in this playbook along with the **School of Strength: Snack Zone** videos to practice good nutrition habits that will stick with you for life. Use the **Snack Tracker** to track progress and motivate you to snack healthy. Use this **Snacking Playbook** to keep track of the healthy recipes you've made so you can make them again. Every new healthy snack recipe you make and like should get a page in your **Snacking Playbook**. When adding a recipe to your playbook, it's important to know what macronutrient you're going to be eating. You also want to understand what it can do for your body. Use the **Snack Tracker** to track progress and motivate you to snack healthy. The **Snack Tracker** can help you fill out your **Snacking Playbook**.

Here are some tips and reminders to help you make healthy snacks and complete your Snacking Playbook.

HEALTHY HABITS

Daily healthy habits are important for any athlete. Physical activity, nutrition, and hydration are important to become a better athlete. Make healthy snacking a daily habit. Complete the Snack Tracker daily -- as best as you can.

MACRONUTRIENTS

When adding a recipe to your playbook, it's important to identify what macronutrient you're going to be eating and what it can do for your body.



Carbohydrates are easy to digest. They give your body quick-to-use energy. They are important to eat ahead of any game or workout lasting an hour or less.



Protein helps build muscles in your body, making you stronger. Try a snack that's loaded with protein.



Healthy fats are the body's way of storing energy for later. Try a snack with healthy fats for workouts over an hour.

HYDRATION

Hydration is important when you're snacking like an athlete. Water is the best beverage choice to stay hydrated. Drinking the right amount of water is important for your overall health and sports performance.

PORTIONING

Remember to portion when making your healthy snacks. You can use your hand to find the right portion. Use the hand drawing below to understand the best portion size for you.



CARBOHYDRATES

The correct portion for carbs is a cupped handful.



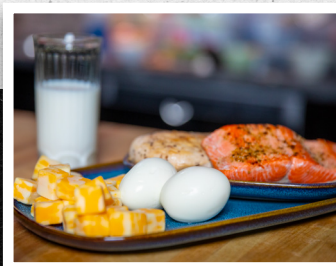
PROTEIN

The correct portion for proteins is the size of your palm.



HEALTHY FATS

The correct portion for fats is the size of your thumb.



FRUITS & VEGGIES

Fruits and vegetables are loaded with carbohydrates. They can be combined with foods that are high in healthy fats or protein. Eat them with foods like nonfat yogurt, hummus, or guacamole. Try to eat snacks with multiple macronutrients.

Print and cut out the cards below, put them in a jar, and pick one out each week to try. Post them on the fridge to track your progress. No printer? Choose one card each week and fill in your answers in the PDF. Or write these on an index card and put them in a binder.

You're more likely to eat veggies if you pick them out and prepare them yourself.

One veggie I want to buy this week is:

Blend a frozen banana with a cup of water or low-fat milk. Toss in some nut butter or spinach for more nutrients. The banana makes the smoothie sweet with no added sugar!

Make it easy to grab a healthy snack!

Slice up carrots, celery, radishes, peppers, or other veggies and keep them in a bowl with a little bit of water in the fridge. Change the water every other day to keep things fresh.

Enjoy melons like watermelon, honeydew, or cantaloupe in a new way:

Freeze chunks of melon and enjoy as cold treats or put them on skewers for a sweet kabob.

Fruits and vegetables are packed with flavor when they're in season.

What's your favorite fruit or vegetable right now?

Post pictures of yourself enjoying your favorite healthy seasonal snack on Instagram @SpecialOlympics #SnackZone

Craving a crunchy snack that tastes great and is healthy too?

One of the best ways to enjoy fruits & veggies is by eating them raw. Choose one to try this week:

- Apple or pear slices
- Carrot & celery sticks
- Bell pepper slices
- Cucumber rounds
- Broccoli & cauliflower

Draw a line between your favorite snack combinations:

Veggie	Dip
Snow Peas	Hummus
Celery	Fresh Salsa
Cucumbers	Low-Fat Ranch
Carrots	Low-Fat Cottage Cheese

Pick one and snack on that throughout the week!

Looking for a hot healthy snack?

Heat up frozen edamame for a satisfying savory flavor. They're fun to pop out of their shells and full of muscle-building protein.

Plain, nonfat yogurt with berries is a quick snack that makes a great replacement for ice cream. What's your favorite kind of berry? Choose one to put on top of your yogurt this week.

- Strawberry
- Blueberry
- Raspberry
- Blackberry
- Other _____





BETTER BEVERAGES

Hydration is important when you're snacking like an athlete. When you get thirsty, don't reach for a soda or a sugary drink. What you really want is water. Water is the best beverage choice to stay hydrated. Drinking the right amount of water is important for your overall health and sports performance.

Ready to find your family's new favorite way to enjoy water? Pick your 5 favorite flavors to make a water recipe you will love!

SWEET	HERBAL	CITRUS	TROPICAL
<input type="checkbox"/> Strawberry <input type="checkbox"/> Watermelon <input type="checkbox"/> Grape <input type="checkbox"/> Blueberry	<input type="checkbox"/> Mint <input type="checkbox"/> Rosemary <input type="checkbox"/> Basil <input type="checkbox"/> Cucumber	<input type="checkbox"/> Orange <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Grapefruit	<input type="checkbox"/> Mango <input type="checkbox"/> Pineapple <input type="checkbox"/> Kiwi Fruit <input type="checkbox"/> Passion Fruit

Which category has the most flavors your family likes? Add them to your water for flavor. Or get inspired with the water recipes below.

SWEET	HERBAL	CITRUS	TROPICAL
Melonberry Water	Cool Refresh Mint Water	So-Fizz-ticated Citrus	Vacation in a Glass
			
<p>Mix 1 cup blueberries and 1 cup watermelon chunks with enough cold water to fill a 2-quart pitcher.</p>	<p>Slice 1 medium-sized cucumber and 1 lime into rounds (rind removed). Combine sliced ingredients with 5 mint leaves and enough cold water to fill a 2-quart pitcher.</p>	<p>Rinse, slice, and squeeze the juice of 2 limes, combine with enough cold sparkling water to fill a 2-quart pitcher. Add 1 pint of fresh or frozen raspberries.</p>	<p>Peel and slice 1 kiwi (rind removed) and a handful of strawberries. Mix with water in a 2-quart pitcher. For a fancy twist, garnish your glass with a kiwi slice.</p>

For best results, let the ingredients sit in the water for at least half an hour before drinking. Water recipes can be stored up to 3 days in the refrigerator. Remove fruit rinds from water after 24 hours to avoid any bitter flavors.









Share your water creations with us on Instagram @SpecialOlympics #SnackZone

SNACK SMARTER

Make it easier to choose healthier snacks. Put healthier snacks where you can easily grab them.
Put less healthy snacks in cupboards.

Print out these recipe cards and put them on your fridge for a healthy reminder.

You can enjoy all of your favorite flavors and textures without eating unhealthy packaged junk food. Which healthy snack matches your snacking needs?

SWEET	SPICY	SAVORY	CRUNCHY
Strawberry Yogurt Pops	Spicy Spears	Cheese and Turkey Roll-Ups	Hummus with Fresh Vegetables
 PROTEIN	 CARBOHYDRATES	 PROTEIN	 HEALTHY FATS
			
Craving a snack that satisfies your sweet tooth? These frozen treats use real fruit instead of added sugar.	Craving a snack with a little heat? Turn up the flavor with these spicy fruit salad cups.	Looking for a mild-flavored snack that satisfies? Make this fast and easy protein-packed snack.	Do you like snacks with a satisfying crunch? Try dipping raw veggies in hummus.
In a blender, blend 1 cup plain, nonfat yogurt with 6 chopped strawberries and half of a frozen banana. Use an ice tray or paper cups as a mold and pour in yogurt mixture. Cover tray or cups with plastic wrap or aluminum foil and add craft sticks. Freeze about 4 hours or until firm.	Cut 1 cup each of fresh mango, watermelon, pineapple, papaya, jicama, and cucumber into spears. Drizzle with juice from 1 lime and sprinkle with 1 teaspoon chili powder. Divide into cups. Enjoy!	Take a slice of turkey and roll it up with your favorite deli-sliced low-fat cheese for a healthy snack that's quick and packed with protein.	Serve hummus with your favorite crunchy veggies such as carrots, celery, cucumbers, or snow peas.

MAKE YOUR OWN SNACKING PLAYBOOK

Use this **Snacking Playbook** to keep track of the healthy recipes you've made so you can make them for yourself later. Every new healthy snack recipe you make and find tasty should be added to your Snacking Playbook. Be sure to fill out each recipe in your playbook with useful information like portion sizes, what macronutrient is in the snack, and how the snack will help you as an athlete.

See an example recipe below:

Snack Name:

Turkey and Cheese Roll-ups

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

- Lean turkey lunch meat
- Sliced sandwich cheese

Directions:

1. Put a slice of cheese on top of a slice of lean lunch meat
2. Fold the edge of the lunch meat inwards and continue to roll until the meat forms a long tube.
3. Enjoy!

Portion Size:
(Circle one)



Notes:

Great with pepperjack!

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

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes:

Snack Name:

This snack is loaded with:
(Check all that apply)



CARBOHYDRATES



PROTEIN



HEALTHY FATS

Ingredients:

Directions:

Portion Size:
(Circle one)



Notes: