

# GO-GETTER GAME-DAY SNACKS



**Quick and tasty snacks that will score points with your sports star!**

## PACK IT TO GO

Three servings of low-fat and fat-free dairy every day are important for building strong bones and in helping keep active bodies healthy. For portable, on-the-go snacks, be sure to pack your cooler with delicious dairy snacks:

- ▶ Snack cheese cubes, sticks and slices
- ▶ String cheese
- ▶ Flavored yogurts
- ▶ Portable yogurt in a tube
- ▶ Yogurt smoothies
- ▶ Drinkable yogurts
- ▶ Grab-n-go milk in a variety of low-fat and fat-free flavors



## POST GAME FOLLOW-UP

After competition, replenish fluids, restore nutrients and refuel tired muscles with these nutrient-rich beverages:

- ▶ **Fat-free milk** — Milk is 90% water and a great tasting choice to replace fluids and prevent dehydration after exercise, practices and games.
- ▶ **Chocolate milk** contains both carbohydrates and protein that are important for an athlete's sports nutrition plan; carbohydrates in milk help refuel muscles after exercise, and protein helps maintain healthy muscles.

## SIDELINE SNACKS

If there is more than one hour between competitions, it is important to replenish fluids, restore nutrients and feed hungry tummies — while trying to avoid stomach aches. Keep it light and simple with these fun and tasty combos:

- ▶ Pair string cheese with grapes
- ▶ Offer grab-n-go low-fat or fat-free milk with a granola bar
- ▶ Serve drinkable yogurt with snack crackers
- ▶ Combine pretzel sticks with cheese cubes
- ▶ Try apple slices with cheddar cheese
- ▶ Wrap a slice of lean lunch meat around string cheese and roll in a whole wheat tortilla
- ▶ Dunk fresh veggie sticks into a taco flavored yogurt dip (1 cup plain yogurt mixed with taco seasoning)
- ▶ Dip fresh fruit or animal crackers into Field Goal Fruit Dip (1 cup vanilla yogurt mixed with 2 Tbs vanilla pudding mix)

If you have less than one hour between competitions, go for non-caffeinated, non-fat fluids like fat-free milk. Remember, flavored milks work just as well and are a hit with student athletes!

For more tips and recipes visit [www.midwestdairy.com](http://www.midwestdairy.com)



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