



**Fueling your body throughout the day is an important skill to practice. Not only will it aid your recovery and performance, but it can also help you stay at a healthy weight. Just follow these simple snacking tips to ensure you are fueling appropriately throughout the day.**



## Timing

**Eat every 3-4 hours**

**Shoot for 4-5 balanced meals/snacks**

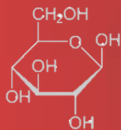


## Protein

**Protein is a vital piece of an adequate snack**

**Important for muscle recovery and feeling full**

**Aim for 10-15g**



## Carbohydrates

**Carbohydrates should be paired with protein at a 3:1 ratio**

**Provides your body with energy**

**Fiber will help with fullness**

**Shoot for at least 30g of carbohydrates**

## Protein-Carb Pairings



**Jerky**



**Fresh Fruit**



**PB&J**



**Low Fat Cottage Cheese**



**Fruit Cup**



**Hummus**



**Fresh Veggies**



**Greek Yogurt**



**Granola**



**Fruit and Nut Bar**



**String Cheese**



**Hard Boiled Egg**



**Granola Bar**



**Low Fat Milk**



**Whole Grain Cereal**



**Nuts**



**Whole Grain Baked Crackers/Chips**