



Texas Health

Ben Hogan Sports Medicine

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Half-time Snacks

5 Things to Remember with Half-time Snacks

- ✓ Quick digesting carbohydrate for quick energy
- ✓ Salty snacks are ideal to help replace electrolytes
- ✓ Includes foods that do not have a food safety/temperature issue
- ✓ Can include protein and healthy fat, but large amounts
- ✓ Water and sports drinks for hydration

20 Half-time Snacks

1. Trail mix with dried fruit, granola & some nuts
2. Peanut butter crackers
3. Peanut butter filled pretzels
4. Peanut butter and jelly sandwiches cut in half or fourths
5. Energy/protein bar
6. Trail mix style granola bar
7. Granola bars
8. Goldfish
9. Pretzels
10. Whole wheat crackers
11. Animal crackers
12. Dry whole grain cereal
13. Dry granola with nuts/seeds
14. Beef/turkey jerky & fruit
15. Bananas
16. Grapes
17. Oranges
18. Dried fruit: raisins, apple/banana chips, fruit leather or fruit by the foot
19. Sports drinks
20. Sports gels/sports beans/energy chews (Gatorade, Clif, etc.)