

Good snacks for rugby

Some examples of well-balanced snacks for rugby include:

- A piece of fruit and a tub of low fat yoghurt
- Banana smoothie with low fat milk OR flavoured milk OR Up & Go™ popper
- Chicken, ham, tuna or cheese sandwich on grainy bread
- Bowl of breakfast cereal with low fat milk and banana
- Homemade pizza on English muffin with cheese, ham and tomato
- 6-8 cracker biscuits with low fat cheese and vegemite
- Homemade potato or sweet potato wedges with sweet chilli sauce
- Low fat milk Milo™
- Homemade fruit muffin and tub of yoghurt
- Toasted sandwich with small tin of baked beans or spaghetti
- Fruit bun
- Lebanese bread wrap with peanut butter, carrot and sultanas
- Banana bread and a milkshake
- Low fat ice block and 6 crackers with peanut butter
- Fruit bun and glass of orange juice
- Handful of walnuts/almonds + glass of milk
- Weetbix™
- Protein/Carbohydrate bar (30g carbs/20g protein)
- Energy bar
- Protein/Carbohydrate drink (30g carbs/20g protein)
- Fruit muffins
- Tuna + ½ cup rice + sweet chilli sauce
- Paddle Pop™
- Peanut butter or cheese on bread