

Kit bag ideas for carbohydrate snacks

Lower fat crackers, rice cakes with fruit spread or jam

Fruit cake, fruit scones, reduced fat muffins, currant buns, fruit loaf, malt loaf, teacakes, hot cross buns, Jaffa Cakes

Sandwiches, rolls, pitta bread, bagels (with low fat fillings)

Fruit – fresh and tinned fruit, dried fruit e.g. raisins, currants, figs, apricots

Lower fat biscuits e.g. reduced fat digestives, fig rolls, garibaldi

Lower fat crisps and snacks e.g. pretzels, Snack a Jacks[®], Spudz[®]

Lower fat cereal bars and fruit bars

Sweets e.g. Jelly Babies[®], fruit gums, Tooty Frooties[®]

Low fat yoghurts and mousses, fromage frais

Popcorn

Fruit juices

Sports drinks / isotonic drinks e.g. Isostar[®], Lucozade Sport[®]

Low fat milk shakes, yoghurt smoothies, yoghurt drinks and fruit smoothies

This information is taken from 'Fuel for Performance, Nutrition for Sport', a sports nutrition resource updated and revised by the following Welsh sports dietitians: Rhian Owen, Chris Cashin, Elaine Hibbert-Jones and Gill Regan. Every acknowledgement is given to all the sports dietitians who contributed to the original publication of this resource, which was first published in 1998.