

Snacks for Cricket

Eating regularly over the day and all the way through game days is crucial for maintaining energy stores to play at your best. Eating small and frequent snacks during the batting innings especially, and during fielding drinks breaks, are a great way to do this.

Top Tip: Practise with these foods during training, so on game day they are all familiar. Aim to eat every half an hour in training & during batting innings.



Fruit and nut mix



Roasted fav-va beans



Snackable fruit! THE BEST!



Nut bar and creamed rice



Peanut butter on toast or PB sammy



Edamame beans and fruit



Hummus on crackers



Bliss Balls & Yoghurt



Canned tuna or chicken on rice cakes



Wholegrain cereal with cows milk or yoghurt



Smoothie made with cows or soy milk or yoghurt



Sushi

Gear bag

Non perishable snacks that you can keep in your training or 'Gear' bag

Portions will vary depending on your size, age and training volume. Make sure you adjust with your Dietitian/Nutritionists to decide your individual needs.