

GLUTEN FREE SNACK OPTIONS FOR ATHLETES

Cob's popcorn



Carbohydrate

Sakatas



Carbohydrate

Table of Plenty mini rice cakes



Carbohydrate

Fresh fruit



Carbohydrate

Food for Health Chia & Cinnamon Clusters



Carbohydrate

Real Foods Corn Thins and SunRice Rice Cakes



Carbohydrate

Colbee



Carbohydrate

Carman's gluten free cranberry, honey & cinnamon bars



Carbohydrate + fats

GLUTEN FREE SNACK OPTIONS FOR ATHLETES

Weet-Bix + milk



Carbohydrate + protein

FodBods bars



Carbohydrate + protein

Roasted Fav-va beans



Carbohydrate + protein

Roasted Chickpeas



Carbohydrate + protein

Chobani 170g flavoured yoghurt pots



Carbohydrate + protein

Bega peanut butter



Protein & fats

Raw or salted nuts



Protein & fats

Cheddar cheese slices



Protein & fats