

# Pre-training soft snack ideas for young athletes with braces



Tasti snack balls



Yoghurt pouches



Custard



Fruit puree pouches



Fruit in juice



Bananas



Egg sandwiches



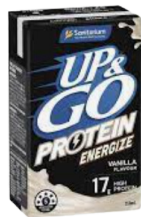
Fruit toast



Pita bread and hummus



Weet bix & milk



Up & Go



Sustagen Sport & milk



Homemade banana bread



English Muffins or crumpets with honey or jam



Tuna on lightly toasted bread



Homemade fruit muffins