



Fast-Break Nutrition

Where Can I Find ~30g Carbohydrate?

- 1 Cup (8 oz) Chocolate Milk
- 2 Cups (16 oz) Skim/1% milk
- 1 Cup Fruited Yogurt
- 2 Cups Plain Yogurt
- ½ Cup Sweetened Applesauce
- 1 Cup Unsweetened Applesauce
- 1 Large Apple
- 1 Medium Banana
- 1 ½ Cup Berries
- 2 Peaches/Nectarines
- 2 Medium Oranges
- ¼ Cup Raisins
- ¾ Cup Cooked Beans
- ¾ Cup Cooked Corn
- 1 Medium Baked Potato/Sweet Potato
- 5 Cups Popcorn (no added butter/oil)
- 1 Cup Peas

- 1 Cup Oatmeal
- ¾-1 Cup Cold Cereal
- ½ Cup Granola
- ½ Whole Wheat Bagel
- 4 Whole Grain Bread Sticks
- 1 Whole Grain Pita Pocket
- 2 Whole Grain Dinner Rolls
- 2 Slices 100% Whole Grain Bread
- 1 English Muffin
- 3 Pancakes (4")
- 1 Cup Cooked Pasta
- 2/3 Cup Cooked Rice
- 2 Corn Tortillas
- 6 Graham Cracker Squares
- 2 Tbsp Honey
- 1 Granola Bar/Cereal Bar
- 1 Cup 100% Juice

What Has ~10g Protein?

- 1.5 oz Chicken
- 1.5 oz Turkey
- 1.5 oz Lean Meat
- 1.5 oz Fish
- 2 Eggs
- ½ Cup Tofu

- 8 oz Milk
- 1 oz Cheese
- 1/3 Cup Cottage Cheese
- 2/3 Cup Beans
- 1/3 Cup Nuts/Seeds
- 2 Tbsp Nut Butter

HOOPS

