

SOCCER SNACK FOODS

- Apples
- Bananas
- Dried Banana Chips
- Apricots
- Raisins
- Fig Newton's
- Graham Crackers
- Bagels
- English Muffins
- Blueberry Muffins
- Oatmeal-raisin cookies
- Granola bars
- Hard Pretzels
- Bread Sticks
- Popcorn
- Cold Cereal
- Corn Flakes
- Juice in a box
- Raw Vegetables
- Fruit snack
- Fruit Sauce

Here is a list of foods that are high in carbohydrates:

FRUITS:

- Apples
- Bananas
- Peaches
- Apricots
- Raisins
- Oranges
- Grapefruit
- Kiwi
- Pineapple
- Plums
- Dates

BREADS/CEREALS

- Bagels

- English Muffins
- Granola Bars
- Rice
- Blueberry Muffins
- Toast
- French toast
- Dry Cereal
- Pancakes
- Waffles
- Oatmeal
- Pasta

VEGETABLES

- Corn
- Broccoli
- Potatoes
- Carrots
- Peas
- Beans
- Cabbage
- Yams
- Cauliflower
- Turnips
- Green Peppers

DAIRY FOODS

- Milk
- Yogurt