



Match day snack ideas

March 2025

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SNACK IDEAS

Choose any of the following:

- Banana bread with butter (spread thinly)
- Carrot & nut muffins
- Lean biltong and nuts (keep the portion size 30 g or less)
- Non-bran muffins or scones with cheese
- Low GI brown/white bread (not whole-grain or seeded loafs) with lean cold meat/beef pastrami/low fat cheese + lettuce
- White wraps/Pitas cut into small sections with fresh salad ingredients (avoid raw onion), grilled chicken strips and low-fat yoghurt dressing
- Low GI bread (brown) with smooth jam + low fat cheese
- Peanut butter sandwiches (regular brown bread)
- PVM Energy Bars
- PVM Fusion (not Fusion Mass) with low fat milk (250ml portion each)
- Fresh fruit with yoghurt
- Smoothies (low-fat plain yoghurt, fruits and low-fat milk) – avoid high fat smoothies with peanut butter
- Flavoured rice cakes with lean biltong
- Pretzels
- Pasta salad with a low-fat sauce (lite mayo/hummus/small amounts of pesto) with chicken and cucumber

Avoid:

Foods high in fibre and fat can cause discomfort during exercise / events because it prolongs the digestion time, therefore it stays in your stomach longer.

- Deep fried foods
- Foods high in fat like pastries and pies
- Whole wheat muffins / bread
- “Boerewors” rolls (sausages are high in fat)
- Processed foods
- Gas-forming foods (cabbage, raw onions, broccoli, celery, sweet peppers and legumes)
- How GI foods can cause your blood sugar to spike and drop leading to early fatigue
- Smoked foods
- Sugar-free sweets or chewing gum with artificial sweeteners such as zylitol, sorbitol and mannitol (can lead to cramps).
- “Droëwors”

TO DRINK

Choose:

- Clean, plain water to stay hydrated
- 100 % Fruit juice (diluted with ice/water)
- Tea/Coffee
- Flavoured milk
- Milo

Avoid:

- Carbonated drinks

- Carbonated Energy Drinks (Red Bull/Monster/Dragon)
- Vitamin Water
- Iced Tea