

FUEL Your Workout WITH FOOD

Everyone's body is different and has unique needs and preferences.

- Listen to the feedback the body provides.
- Consult a registered dietitian for individualized recommendations.

PRE-WORKOUT

Energy and protein needs vary significantly for active people. Frequent fatigue can be a sign of under fueling. If you exercise first thing in the morning or it's been more than 3 hours since your last meal, a pre-workout snack will benefit your body.

To maximize the benefits of your work out...

- Eat a balanced meal 2-3 hours before you exercise.
- Reach for easy to digest foods and a combo of carbs and protein and a little bit of fat.
- Listen to your body and experiment with what works best for you.



Snack ideas:

- Whole grain English muffin or bagel with peanut butter
- Hummus, whole grain pita and baby carrots
- Trail mix - nuts, dried fruit and dry cereal
- Greek yogurt with whole grain cereal and fruit
- Instant oatmeal with nuts and low-fat milk
- Whole grain crackers, string cheese, raisins
- Whole grain toast and almond butter
- Cereal and skim milk

POST-WORKOUT

Eating carbs and protein within an hour after a strenuous workout enhances recovery by decreasing muscle breakdown, increasing muscle growth, and replenishing carbohydrate stores. If meal time is more than an hour after your workout, eat a snack to aide your recovery.

Research shows that branched chain amino acids aide in recovery. Branched chain amino aides are commonly found in fish, poultry, beef, eggs, dairy foods and whey protein supplements. Supplements are not superior to whole foods just more convenient.

General recommendations for post work-out fuel is 15-25 grams of protein for typical range of body sizes. The body cannot utilize more than 25 grams of protein at a time. Keep in mind one 3 oz. chicken breast (size of a deck of cards) has 24 grams of protein.



Snack ideas:

- 1-2 cups of chocolate milk
- 1-2 boiled eggs and banana
- Greek yogurt, berries, and granola
- Cottage cheese with fruit, whole grain crackers and raw veggies
- Tuna, pita bread and raw veggies

Meal ideas:

- Grilled chicken, rice with roasted vegetables
- 2-3 egg omelet with avocado on toast and berries
- Salmon, sweet potato and a side salad
- Oatmeal, whey protein, banana and almonds
- Turkey sandwich on whole grain bread, an apple and glass of milk