



# PRE AND POST WORKOUT NUTRITION

## Separating Fact From Fiction

It is important to have the right kind of fuel before and after a workout to help your body prepare for exercise and restore energy systems post exercise.

Just like a car needing fuel before a trip, our bodies need food to keep us going. Generally, one serving of complex carbohydrates and one serving of protein will do the trick for a pre workout snack or meal.

Food intake timing may be different for each individual depending on your body's ability to tolerate specific foods and of the timing of when you eat before exercise. Generally, you should consume your meal or snack about 45 minutes to 1 hour before your workout.

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You can pick and choose 1 carbohydrate and 1 protein option from the two lists below for a pre and post workout snack. Experiment with some of the options and times as your body will be sensitive and might need adjustments. A great option is to make one type of snack or meal and eat half before and half after.

Try keeping snacks between 200-300 calories or between 100-200 calories if the goal is weight loss. If you decide to eat a whole meal before or after your workout such as eggs and toast for breakfast, keep those meals to roughly 300-400 calories or less.

And remember hydration is critical, both pre, post AND during your workout!

## Let's Talk Snacks

### CARBOHYDRATE 1 SERVING SIZE

Apple  
Berries  
Banana  
Pita  
Oatmeal  
English Muffin  
Whole Wheat Toast  
Whole-Grain Cereal  
Granola  
Granola Bar  
Whole Grain Crackers

### PROTEIN 1 SERVING SIZE

Hard Boiled Eggs  
Scrambled Eggs  
Chicken  
Tuna  
Protein Bar  
Skim or Soy Milk  
Chocolate Milk  
Protein Shake  
Almonds  
Peanut Butter  
String Cheese  
Hummus  
Cottage Cheese  
Greek Yogurt

### COMBINATION EXAMPLES

Protein Bar  
Smoothie  
Chocolate Milk  
String Cheese & Crackers  
English Muffin + 2 TBSP  
Peanut Butter  
Protein Shake + 8 oz  
Skim Milk/Nut Milk  
Granola and Greek  
Yogurt  
Pita and Hummus