

## **Workout Better, Harder or Longer**

**Use our nutritional tips to get the most out of your current work out or excel to the next level.**

**Loading up before your workouts, increasing energy during fitness with easy accessible foods and refueling for recovery is the goal for supporting growth, gains and yes, even losses. The primary source of energy your body uses during exercise is carbohydrates.**

### **Pre-Exercise Foods: 3-4 Hours before Exercise**

Hydrate throughout the day with healthy carbohydrates and low fat proteins. Load up at breakfast; double up on toast, oatmeal or yogurts if you have extra time before a workout. Short on time and can't eat breakfast? Carry bars and fruit in your bag to fuel throughout the morning.

- **Fruit, Yogurt, Oatmeal, Bagel, Toast, Peanut Butter**
- **Turkey or Tuna Sandwich, Low Fat Cheeses, Nuts and Seeds.**
- **Avoid High Sugar Foods**

### **Pre-Exercise Foods/Drinks: 30-60 Minutes before Exercise**

Reach for faster digestible carbohydrates and fluids to kick start your workout. Choose foods that are not too heavy and can be broken down in the stomach but provide some level of fullness. Fruits and proteins are good sources.

- **Water, Green Tea, Sports Drink**
- **Fruits (Bananas, Apples, Oranges), String Cheese, Whole Grain Bread, Yogurt, Jelly Sandwich, Sports Gels, Beans, Gummies, or a Sports Bar**

If these methods are new to you, practice with smaller amounts of foods and drinks to determine tolerance.

**\*\* The foods you eat before, during and after may predict what kind of workout you have today and carry over to tomorrows. \*\***

## **During Exercise Foods/Drinks: Workouts lasting longer than 60 minutes**

During a long and strenuous workout session, it may be beneficial to consume intra-workout carbohydrates and proteins in order to sustain a higher level of performance and energy during higher volume training sessions. Choose fast-acting and easily absorbed carbohydrates that will help serve as a rapid source of energy. Aim for 30-60 grams of carbs per hour of intense activity.

- **Sports Drink, Fruit Juices (Apple/Orange Juice)**
- **Fruits (Bananas, Apples, Oranges), Fruit sticks, Fruit Gummies, Raisins, Energy Bar, Sports Bar, Granola Bar**

## **Refuel and Recover Food/Drinks: 15-60 Minutes after Exercise**

After a hard training session your body is depleted of nutrients which need to be replaced in order to decrease muscle breakdown and begin the recovery process. Replace fluids and eat a mixture of carbs and proteins after exercise.

- **Skim Milk, Chocolate Milk, Protein Shakes**
- **Peanut Butter, Jerky, Trail Mix, Cheese, Greek Yogurt, Trail Mix, Pretzels, Carrots, Protein Bars**

## **Refuel and Recover Foods: 1-2 Hours Post Exercise**

Eating a full and actual meal after your workout is necessary to fully ensure recovery. Getting enough protein and carbs is essential during this time. Eat carbs that are slow digesting and consume foods high in protein.

- **Pastas, Whole Grain Breads, Brown Rice, Sweet Potatoes, Vegetables**
- **Lean Meats (low in fat), Chicken Breasts, Fish (Tilapia, Salmon), Nuts, Eggs**

**\*\*If you do not have an appetite following a training session, choose liquid foods that meet your recovery goals. Protein drinks are a great choice but should be limited to twice a day. \*\***

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Adapted from SCAN registered dietitians (RDs). For more information from SCAN sports dietitians visit [www.scanpg.org](http://www.scanpg.org)