

PRE & POST EXERCISE NUTRITION

Nutritional Recommendations Prior to Exercise

Timing of consumption:

Consume your pre-workout snack about **1 hour prior to exercise**.

Foods to Consume:

Easily digestible carbohydrates that will provide the body with natural sugars for energy during exercise.

Top foods to consume pre-workout;

1. 1 medium banana
2. ½ cup cooked oatmeal with berries mixed in
3. ½ jam sandwich on whole grain bread
4. ½ cup plain Greek yogurt with berries mixed in
5. Home-made high protein granola bar OR energy bites (see recipe)



Foods to avoid:

Fatty Foods:

Refrain from consuming foods that are high in fat. Fatty foods can take up to 3 hours to digest properly and if consumed too close to exercise can cause cramping. Examples of these foods would be fatty fish (i.e., salmon), fast food and large quantities of nuts.

Refined sugars:

Avoid refined sugars found in chocolate milk, chocolate bars, candy and flavored yogurts. These only provide a short burst of energy that doesn't last long and result in a blood sugar crash midway through exercise.

High fiber foods:

Be careful with your intake of high fiber fruits or vegetables pre exercise. Fiber acts like glue. It slows down digestion and therefore if consumed too close to exercise can cause gas and or cramping. Examples of these foods are veggie slices with hummus, apples (higher in fiber, ok if consumed 1.5 hours pre workout),

Nutritional Recommendations Post Exercise

Timing of consumption:

Consume your post-workout snack within 30-60 minutes following your workout.

Foods to Consume:

Consume a snack that provides you with protein and simple carbohydrates. Protein will help repair your muscle fibers and increase recovery time. Simple carbohydrates (fruit) helps to provide the body with natural sugars which helps replace the sugars your body used during exercise.

Top foods to consume post-workout;

1. 1 medium banana diced into 3/4cup plain Greek yogurt
2. 1 medium banana blended with ½ - 1cup unsweetened almond milk and ¾ cup plain Greek yogurt OR 1 scoop whey protein isolate.
3. 1 medium apple with trail mix.
4. Home-made high protein granola bar OR energy balls (see recipe).

