

PRE-WORKOUT SNACK (1-2 HOURS PRIOR)

- A peanut butter and banana or PBJ sandwich
- Yogurt with berries or granola
- Cereal with milk
- Apple and peanut butter or almond butter
- Handful of raisins and nuts
- ✓ Try to consume carbs + protein 1-3 hours before your workout, as tolerated. If you consume a pre-workout snack 15-30 minutes before the workout, quick-digesting snacks such as sports drinks, carb gel, or granola bar often work best. Carbohydrates are the main fuel during a workout, so a more intense activity may require more carbs.
- ✓ If the workout is later in the day, it is important to consume a well-balanced meal 3-4 hours prior in addition to a snack closer to the workout.

POST-WORKOUT SNACK

- Smoothie made with low-fat milk and fruit
- Low-fat chocolate milk
- Turkey on a whole-grain wrap with veggies
- Yogurt with fruit
- ✓ Try to consume carbs + protein within 15 minutes after an intense workout for proper recovery and to replenish energy stores. Making this post-workout snack convenient is helpful, so often a smoothie or liquid is a common choice.

HYDRATION

- ✓ Aim to consume liquids throughout the day, rather than only replenishing stores once you feel thirsty.
- ✓ Try to drink liquids every 15-20 minutes during an intense workout or competition to prevent dehydration and decreased performance.
- ✓ Electrolyte containing beverages (sports drinks) are only needed for high intensity exercise or competition lasting longer than 60-90 minutes.