

Healthy Pre- and Post Workout Snacks

In order to maximize energy and calorie burning potential in a workout, it is recommended to eat something prior to physical activity. It is also important to eat within 1-2 hours after a workout to replenish glycogen stores the body uses for energy and to retain muscle tissue. Timing of meals and snacks matters when preparing to work out. As a general rule:

Large meals – should be eaten 3-4 hours before a workout

Small meals – 2-3 hours before exercise

Snacks – 1-2 hours prior to, or after, physical activity

Below is a list of snacks that would be appropriate 1-2 hours before or after a workout.

- A small bowl of cereal, or oatmeal, with milk and fruit
- 1/2 bagel w/peanut butter or low fat cream cheese
- 1/2 cup of nuts and dried fruit
- Wholegrain crackers with cheese and tomato
- 1 cup soup (i.e. split pea, chicken noodle, etc.)
- 1 wholegrain English muffin, or toast, with peanut butter/honey/cheese
- 1/2 sandwich, with wholegrain bread, lettuce, and lean meat
- A smoothie made with milk, and fresh, frozen or canned fruit
- Low fat granola bar with nuts
- 8 oz glass of milk or low fat/fat free yogurt with fruit
- 1/2 whole grain pita with vegetables and hummus
- 1 hard boiled egg, carrot/celery sticks
- Low fat egg, chicken, or tuna salad w/5-6 whole grain crackers (i.e. Triscuits, etc.)
- Piece of fruit w/peanut or almond butter
- Low fat string cheese with fresh fruit/veggies.

