



# Food as Fuel: Tips for Pre & Post Workout

## Pre-Workout

- Eat something 1 - 2 hours before your workout.
- Don't skip the carbs; they're our main fuel source!
- Add in some protein to help make amino acids available to your muscles.
- Hydrate with 14 - 22 oz. of water within two hours before your workout.

2 tbsp. nut butter and sliced banana on a slice of whole wheat bread

Medium apple with 1 tbsp. nut butter

1 container (8 oz.) Greek yogurt with 1/2 cup mixed berries

1/4 cup of dried fruit and 1/4 cup nuts (ex: raisins and almonds)

1/2 cup whole grain cereal with 1/2 cup low-fat milk

1/2 cup cooked oatmeal with 1 tbsp. nut butter

## Post Workout

- Ideally eat within 20 minutes of your workout, or a maximum of 90 minutes.
- Pair protein (12 - 15g) and carbohydrates (35 - 50g) to replenish and repair.
- Rehydrate by drinking at least 16 oz. of water after your workout.

1 container (8 oz.) Greek yogurt with 1/4 cup low-fat granola

8 oz. low-fat chocolate milk

4 slices (2 oz.) turkey deli meat and sliced veggies on a whole grain tortilla

Smoothie made with 1 cup low-fat milk and 1 cup frozen fruit

Whole grain pita with 2 tbsp. hummus

Hardboiled egg and a slice of whole wheat toast

Source: [eatright.org](http://eatright.org), [nasm.org](http://nasm.org)

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***Contact your onsite Health Coach for more information:***

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