

Health-Full Eating & Nutrition



Top 10 Snacks to Fuel Your Workout

What to look for in a Pre-Workout Snack

Pre-workout food depends on the duration and intensity, if the individual can supplement during the activity, energy needs, environmental conditions, and the start of exercise. The foods chosen before a workout should be easily digestible and easily consumed. Therefore, healthy easily digestible carbohydrates are recommended and to avoid high amounts of saturated fats and protein.

What is not a Great Pre-Workout Snack

While heavy and nutritious meals are great, sometimes they can be too much before a workout. Foods high in fiber are usually a staple in a healthy diet, but to be in a meal right before a workout could cause digestion difficulty. The body's response during a workout is then to multitask instead of solely focusing on the benefits of the workout. Food high in fat can make the individual feel lethargic for the workout instead of having high energy due to the longer process it takes to breakdown the macronutrient. Food that is high in sugar may increase energy for a short period of time but by the end of the workout it

disappears. Along with the energy roller coaster of sugar, blood glucose could be affected in the same manner .

Timing of Your Snack

Outcomes can be highly affected by choosing the wrong snack or drink and consuming too much or too little. It is recommended to eat 2-4 hours before activity so that the stomach remains comfortable during the workout and the energy gained from eating is not gone by time the workout is performed.

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Also, having this gap allows for more calories to be consumed comfortably rather than eating closer to the workout time. Specifically, it is recommended that individuals consume about one gram of carbohydrate per kilogram of body weight one hour before working out and two grams of carbohydrates per kilogram of body weight two hours before exercise, and so on (NASM 2017).

Top 10 Snacks

1. Whole-grain cereals with low-fat or skim milk
2. Whole-wheat toast
3. Low-fat or fat-free yogurt
4. Protein bars/granola bars
5. Hard-boiled egg
6. Rice Cakes
7. Peanut butter and Banana with whole grain toast or crackers
8. Trail Mix
9. Nut butter and fruit
10. Low-sugar smoothies/shakes



References:

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