

Fitness Fuel

MAXIMIZE YOUR WORKOUT WITH NUTRIENT RICH SNACKS



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Whether you go to the gym a few times a week, jog the neighborhood every morning before your kids to school or are training for a triathlon, proper nutrition is essential for exercise, energy levels and recovery. While it is important to fuel and hydrate your body throughout the whole day, knowing what to eat around exercise can help you maximize your workout! Wherever you are in your fitness journey, there is a nutrient-rich snack that can help fuel your activity level, lifestyle and taste preference!

SNACK GOAL: 150 - 250 CALORIES

*Quick, Easy
& Portable*

What should you look for in a snack?

- Pre-workout snacks should be higher in carbohydrate and moderate in protein for easy digestibility and maximum energy
- During-workout fuel should consist of mostly carbohydrates and is designed for those training 90 minutes+
- Post-workout snacks should contain quick-digesting carbohydrates and high-quality protein to help your body recover

When it comes to fueling exercise, think of a pre-workout snack like an energy jumpstart. The carbohydrate and protein help stabilize your blood sugar levels and give you energy to excel through a 0-90 minute workout. In order to continue exercise after the 90-minute mark without fatiguing, carbohydrates and electrolytes are necessary. Foods like Medjool dates and bananas provide quick carbohydrates for energy and are also high in potassium, an electrolyte lost in sweat. Then once the workout is over, the goal is recovery. Think of recovery as having 3 R's: Replenish, Rebuild, Rehydrate. Carbohydrate helps replenish energy stores, protein helps rebuild muscle and fluid and electrolytes help rehydrate the body.

Energizing Snacks to Fuel Exercise!

PRE-WORKOUT

- 2 Natural Delights Medjool dates with almond or peanut butter
- 1 - 2 slices of whole grain toast with two ounces lean protein
- 2 - 4 energy bites
- 1/2 cup oatmeal made with milk and topped with nuts
- 1/2 cup pasta with 1/4 cup chickpeas



DURING-WORKOUT FUEL

**For those training longer than 90 minutes*

- 2 Natural Delights Medjool dates
- 2 - 4 Natural Delights Mini Medjools
- Whole grain granola
- Energy bites
- A nut butter and jam sandwich on whole grain bread, cut into bites

POST-WORKOUT

- 2% cottage cheese with 2-3 Natural Delights Medjool dates
- Greek yogurt with berries and honey
- Smoothie made with milk, Greek yogurt, Natural Delights Medjool dates and half a banana
- Low-fat chocolate milk
- Granola bar and a glass of low-fat milk



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