Fueling Workouts Nutrition

This guide provides detailed information on choosing appropriate types of foods and the timing of meals and snacks to ensure optimal energy levels are maintained for workouts of varying intensities and durations.

Step 1: **Pre-Workout**

Consume a meal containing both complex carbohydrates and protein 2-3 hours before the workout to ensure a steady supply of energy. Example foods include whole-grain cereals, lean protein, and low-fat yogurt.

Step 2: **Hydration**

Start hydrating at least 2 hours before exercising by drinking water or an electrolyte beverage, which helps maximize physical performance.

Step 3: **Snacking**

If needed, have a small snack 30 minutes to an hour before your workout, focusing on simple carbohydrates that can be easily digested, such as a piece of fruit or a granola bar.

Step 4: **During Workout**

For workouts longer than 1 hour, consume easily digestible carbs to keep energy levels up. Sports drinks or energy gels can be useful for maintaining both energy and hydration.

Step 5: **Post-Workout**

Within 30 minutes after working out, consume a combination of carbohydrates and protein to replenish glycogen stores and aid in muscle repair. Examples include a protein shake with banana or a turkey sandwich on whole-grain bread.

Step 6: **Ongoing Recovery**

Continue to drink water or electrolyte beverages to rehydrate. Eat a balanced meal with carbs, protein, and fat within 2 hours after exercising to assist the recovery process.

General Notes

Individual Needs

Adjust portion sizes and specific food choices based on personal dietary requirements, fitness goals, and tolerance.

Listen to Your Body

Monitor how different foods and timing impact your energy levels and workout performance, and adjust your nutrition plan accordingly.

Nutrient Timing

Nutrient timing can play a critical role in recovery and performance, but it's important to note that daily total nutrient intake is still the most important factor in dietary success.