Eating for Energy
What to Eat Before Exercise?

March is Nutrition Month!
The theme for Nutrition Month is ‘Nutrition for Activity’. This month’s Recipe of the Month will focus on what you should eat before exercise to ensure that you feel energetic and avoid feeling hungry during your activity.

What Should you Eat Before Activity?

• Prior to exercise, meals and snacks should consist mainly of carbohydrates such as breads, cereals, pastas, fruits and vegetables. Carbohydrates are easy to digest and provide a quick source of energy as you begin your exercise session. Choose whole wheat varieties of grain products, as these provide sustained energy.

• Reduce your protein intake as your exercise session approaches because protein slows digestion and most people prefer not to exercise on a full stomach. Some examples of protein include meat, eggs, beans, cheese and yogurt.

• Limit fat before exercise since fat also slows digestion. Some examples of high fat foods are full fat cheese, nuts, fried foods, ice cream, chips and chocolate bars.

• Refer to the diagram below to help you plan your pre-exercise meal or snack!

Your pre-meal 3-4 hours before exercise can include carbohydrate with some protein and fat. As you near the time of exercise the size of the meal/snack should decrease and the selection should be primarily carbohydrates with minimal fat and protein.

Pre-Workout Smoothie

Overview
Proper nutrition prior to exercise is key to an effective workout. Smoothies are an excellent way to get the nutrition that your body requires before exercise. Here is a delicious and creative smoothie recipe that will provide you with the necessary components of a snack 1 to 2 hours before exercise. It’s high in carbohydrates, has a moderate amount of protein, and it’s low in fiber and fat.

Directions
• Add the low fat vanilla yogurt into the blender.
• Add in 2 tbsp skim milk powder.
• Mix in 1/2 cup orange juice into mixture.
• Blend the entire mixture until smooth.
• Enjoy!

Ingredients
• 3/4 cup low fat vanilla yogurt
• 2 tbsp skim milk powder
• 1/2 cup orange juice

Nutrition Information
• Yogurt and skim milk powder provides low fat proteins that will help regulate blood sugars and promote faster digestion.
• The carbohydrates from orange juice and yogurt will clear quickly from your stomach which will prevent feeling too full or sluggish during your workout.
• The fluids will help you meet your hydration needs before exercise.

Nutrition Breakdown
Makes 1 1/4 cups
Each smoothie contains 278 kcal; 10.8g protein; 1.9g fat; 0.4g fiber; 51g carbohydrate.