

What to Eat Before and After Exercise

Before

The foods you eat **before** your workout give your body the strength it needs to exercise.

Eat a balanced meal 2-3 hours before your workout.



If you did not eat within 3 hours of starting your workout, **eat a carb packed snack** ~1 hour before starting.

(See next page)



During

Drink plenty of water during your workout.

- Aim to drink 8 oz (1 cup) of water each 15 minutes during your workout.

Electrolytes (Body Salts) can also help you stay hydrated if you're:

- Sweating a lot
- Outside in the heat
- out longer than an hour.

If you are **running, swimming, or biking** for more than an hour, you can eat a **small, carb packed snack** after 30 minutes to keep your strength up. (See next page)



If you are **lifting weights or exercising lightly**, you do not need to eat during your workout.

After

The foods you eat **after** your workout gives your body the parts it needs to **heal** from exercise.

Eat a balanced meal within 2 hours of ending your workout.



If you have to wait longer than 2 hours to eat a meal, **eat a protein packed snack**.

(See next page)



Scan here for more health information.



212.545.2400



chnyc.org

Before

2-3 hours before

Balanced Meal



Chicken salad wrap + Apple

1-2 hours before

Carbohydrate-rich Snack



1/2 Peanut butter & Jelly Sandwich

During

Drink plenty of water!



Aim for 8 oz (1 cup) every 15 minutes

Optional: Electrolytes

(try brands such as Nuun, Liquid IV, Ultima Rehydrator, and LMNT)

Optional: eat one of these snacks every hour (30-60g carb)

10 pretzels
2-3 dried dates
1-2 small packs of fruit snacks
1 large banana
16 oz Gatorade (sip gradually)

After

1-2 hours after

Protein-rich snack



Greek yogurt + Granola + Berries

~2 hours after

Balanced Meal



Fish tacos with avocado, lettuce, and cheese



Scan here for more health information.



212.545.2400



chnyc.org

My Fueling Plan Before & After Exercise

Before

2-3 hours before

Balanced Meal

1-2 hours before

Carbohydrate-rich Snack

During

Drink plenty of water!

Aim for 8 oz (1 cup) every 15 minutes

I will drink ____ cups of water during my workout

Optional: Electrolytes

(try brands such as Nuun, Liquid IV, Ultima Refresher, and LMNT)

Optional: eat one of these snacks every hour (30-60g carb)

10 pretzels

2-3 dried dates

1-2 small packs of fruit snacks

1 large banana

After

1-2 hours after

Protein-rich snack

~2 hours after

Balanced Meal



Scan here for more health information.



212.545.2400



chnnyc.org