

Pre-workout Nutrition

How to fuel your body to feel at your best during exercise

Primary goal:

To feel energized, awake, and ready to work. By prioritizing carbohydrates before a workout, your body will have the energy it needs to perform.



What to eat the day before:

- Eat as normally as possible
- For dinner, eat a balanced, lower-fiber meal that you know your body can tolerate.
- Ensure you're eating sufficient carbohydrate throughout training so your body has glycogen stored to use later for energy.
- Focus on hydration.



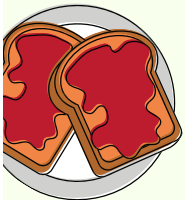
What to eat 3-4 hours before:

- High carbohydrate but lower fiber, moderate protein, low fat. High carbohydrate ensures energy and energy stored for activity. Moderate protein provides satiation and balance to the meal. Low fat prevents slowing digestion and feeling full during exercise.
- Examples: Egg on toast with 1/2 banana or berries, Bagel with light amount of nut/seed butter, Oats with berries and a few nuts/seeds



What to eat 30-60 minutes before:

- High carbohydrate, low protein, low fat. High carbohydrate at this point is for quicker energy, so including simple carbs in with this snack is beneficial. Low protein and low fat encourage this faster digestion.
- Examples: Toast with jam, banana, cereal bar with little fiber, small muffin



Note: It's important to remember that nutrition is individual. What works best for someone else might be different from what works best for you. Try out a few pre-workout foods/combinations to find what feels best (just maybe don't try something too new before a game/competition).

HOW TO CREATE A

BALANCED

MEAL

PICK YOUR CARB(S)

Pick your carbohydrates! Aim for 1-3 servings of complex carbohydrates. One serving is about 1/2 to 2/4 cup, 20-30 g of carbohydrate, or about the size of a cupped handful.

CHOOSE A PROTEIN

Pick your protein! Aim for 1-2 servings. One serving is about 3-4 oz of cooked meat or tofu, 2 whole eggs, or 1 cup of Greek yogurt. Servings are also about 20-30 g of protein or 1 palm-size.

ADD FAT(S)

Add some fat! Aim for 1-2 servings. One serving is about 1 tbsp, 7-12 g of fat, or 1 thumb-size.

VEGGIE

Add a veggie you like! Aim for a non-starchy veggie, like greens (spinach, kale, etc.), cruciferae (broccoli, cauliflower, brussels sprouts, cabbage, etc.), peppers, mushrooms, celery, and more! Veggies provide micronutrients like vitamins and minerals that your body also needs to thrive. One serving is about 1 cup or 1 fistful.

FUN

Make your meal even more satisfying by adding some fun! Whether it be some extra texture, flavor, freshness, it's up to you! Examples are adding some fresh herbs, a few blueberries, or a drizzle of a condiment.

Note: Serving sizes are based on individual needs. Servings depends on your age, size, sex, genetics, and activity level. A good standard is to start with 1-2 servings of each and listen to your body's hunger cues.