

Resources:

Eatright.org

- “3 Easy Tips for Fueling Your Workout without Overdoing It”
- “Timing Your Pre- and Post-Workout Nutrition”
- “Top Snacks for Runners”

References:

Mahan, L. K., & Raymond, J. L. (2017). *Krause's Food & the Nutrition Care Process* (13th ed.). St. Louis, MO: Elsevier.

“Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance.” *Journal of the American Dietetic Association*, vol. 109, no. 3, 2009, pp. 509–527., doi:10.1016/j.jada.2009.01.005.

Spark People. (2017). 10 Perfect Post-Workout Snacks [Infographic]. Retrieved from: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1082

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Post-Workout Snacks



Bagel with cream cheese



Veggie omelet with toast



Pancakes and eggs



Cereal with low-fat milk



Low-fat chocolate milk



Cottage cheese with fruit



Egg with toast

What's Fueling You?

Enhance your performance naturally!





Pre-Workout **Pumpkin Latte “No-Bake” Energy Bites**

Ingredients:

- 2 cups oats
- ¼ cup pumpkin puree
- ¼ cup honey
- 2 TBL instant coffee
- 1 tsp cinnamon
- 1 tsp vanilla

Stir together or blend ingredients and roll into balls. Great to freeze!

*chocolate chips, nuts, and seeds optional additions

“Neither the type nor the amount of protein matters if the day’s total amount is within the recommended range for resistance-training athletes”

Post-Workout **PB&J Smoothie**

Ingredients:

- 1 banana
- 1 cup purple/red grapes
- ½ cup plain yogurt
- ½ cup almond milk (or milk of choice)
- 2 TBL peanut butter (or any nut butter)



Blend and enjoy!

*consider adding a handful of greens to your smoothies for bonus nutrients!

Pre-Workout Facts:

- Carbs before workouts maintain energy levels
- Choose low: fiber, fat and dairy for easy digestion
- Caffeine enhances performance in small doses (1.5-3mg per pound of body weight)
- “Carb Loading” only efficient for intense performances

Post-Workout Facts:

- Combine carbs and protein for energy and muscle recovery
- Simple Carbs increase energy storage
- Excess proteins are not beneficial

Pre-Game Guidelines:

- 1 hour before event = 100-200 calories
- 2-3 hours before event = 300-400 calories
- 3-4 hours before event = 700 calories

...AND ALWAYS STAY HYDRATED!