

What to Eat Before & After a Workout

Before your workout

Working out on an empty stomach can negatively impact your workout. Here are some food ideas from Ryan Szepiela, MD, sports medicine physician to fuel your body.

When you have a couple of hours:

- **Whole wheat turkey sandwich:** The mix of protein and carbohydrates will give you quick and lasting energy.
- **Oatmeal:** Overnight oats are all the rage these days. It's a healthy trend because oats are full of fiber, generating a steady release of carbs and providing energy for your workout.

When you're on the go:

- **A banana:** Bananas are rich in carbohydrates, providing you with necessary fuel needed for a workout. Bananas get bonus points for potassium, which helps in maintaining muscle and nerve function.
- **Greek yogurt:** Lower in sugar and higher in protein, Greek yogurt is preferred over regular yogurt. If you don't like the taste, try cottage cheese instead.
- **Protein bar:** A great, quick choice if you need to fit some food in before a workout.

Pro Tip: Avoid fast food, or anything high in fat. This will only slow you down.

After your workout

ProMedica Wellness dietitian Nathan Drendel says optimal post-workout foods have 3 grams of carbs for every 1 gram of protein. Try these foods for recovery:

- **Chocolate milk:** An excellent example of a 3:1 ratio post-workout food and also helps rehydrate by replacing lost fluid.
- **Cereal and milk:** Cereal and milk offer a low-fat blend of protein and carbs, which can support muscle recovery.
- **Yogurt and granola:** Pair your yogurt with a ½ cup of granola.
- **Peanut butter and toast:** Go for some whole wheat toast and spread 2 tbs. of peanut butter to replenish your protein and carbohydrates after a workout.

Pro Tip: Aim to get some food and fluid into your body within 20-30 minutes of your activity.