

Pre-Workout Snacks: The Art of Smart Snacking

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Stock up on bundles of energy prior to your workout by including a nutritious snack. Eating before exercise, as opposed to exercising in the fasting state, has been shown to improve performance and is a great way to boost stamina and endurance. The purpose of a pre-workout snack is to:

- Help prevent a low blood sugar which can wreck havoc on your energy level resulting in light-headedness and loss of concentration.
- Top up your muscle and liver carbohydrate stores to provide lasting energy for the duration of your workout, and
- Prevent hunger during your workout

Pre-Workout Snack Ideas:

Here are some snacks that pack a punch to keep you energized throughout your workout:

- A small bowl of cereal with a banana
- 3/4 cup of yogurt with 1/2 cup **berries**
- 1 bagel with non-hydrogenate **peanut butter**
- 1/2 cup trail mix
- An English muffin with nut butter and honey
- A smoothie made with milk or juice, **fresh or frozen fruit**, and wheat germ or flaxmeal
- 3-4 fig cookies or a low fat granola bar

Remember the golden rule of eating familiar foods before a race or competition. This would not be the time to try something new! Trial and error during training will help you find the fuel that will work best for you.

Post-Workout Snack Ideas:

- 1/2 cup trail mix
- A smoothie made with milk
- 1/2 cup cottage cheese
- A hardboiled egg
- 3/4 cup **yogurt** with 1/2 cup **berries**
- Any fresh fruits or vegetables, like a banana or carrot sticks