PRE AND POST WORKOUT NUTRITION

Tracie Rohal and Bekah Regenfuss
Interns 2010-2011
The Dietetic Internship Program at Vanderbilt
Pre-workout Fuel

- Goal: Tap off muscle’s stored energy
- Satisfy without leaving undigested food in the stomach
- Individual for each person!
Pre-workout Food

- 3-4 hours before: **MEAL**
  - Carbohydrate-based
  - Protein
  - Low in fat, fiber

- 30 minutes – 1 hour before: **SNACK**
  - Energy bar or gel
  - Piece of fruit or jelly sandwich
Pre-workout beverage

- **Goal:** enter exercise hydrated
  - Allow enough time to optimize hydration status
  - Time to eliminate excess fluid
- **4 hrs before exercise (meal)**
  - 5-7mL fluid/kg of body weight
  - Water or a sports drink
- **30-60 minutes before exercise (snack)**
  - Consume water or sports drink with snack
Pre-workout Meal Ideas

- Deli meat sandwich
- Peanut butter + banana toast
- Smoothie + granola
- Pancakes + yogurt
- Tuna + crackers + fruit
Post-workout Recovery

- Goal: Restore the body’s fuel lost during exercise
- Snack should be eaten within 30 minutes
- Meal should be eaten within 2 hours
Post-workout Food

- 4:1 Ratio carbohydrate to protein
  - Carbohydrates replace muscle stores
  - Protein helps repair damaged muscle tissue and generate new muscle growth
Post-workout Beverage

- 16-24oz of water or sports drink for every pound lost during exercise
  - Weigh before and after a workout
  - Replace fluid and electrolyte lost in sweat
Post-workout Recovery

- If you are not hungry after a workout, go for a fluid source of fuel
  - Chocolate milk
  - Smoothie made with fruit and yogurt
  - Sports drink
Snack Ideas

- Mini bagel with peanut butter
- Graham crackers and yogurt
- Chocolate milk
- Turkey and cheese roll up in a tortilla
- Whole wheat English muffin with an egg or piece of melted cheese
- Oatmeal made with milk and nuts
- Trail mix and sports drink
- Whole piece of fruit (apple, orange, banana) and cheese stick
References


