

## Pre-workout Snacks

The amount of time you have available before exercise is important to consider when choosing foods. If you have three to four hours before exercise, eat a meal. If you have less than three hours, eat a snack. You want to choose foods that are low in fat and that are easily digested and prevent nausea. If it is very close to workout time you might decide to save half of your snack until after your workout.



## Pre-workout Snacks

- Slice of toast or bagel with jam
- Fruit cup and yogurt drink
- Granola with yogurt
- Fruit leather and crackers
- Rice cakes spread with bananas
- Whole grain cereal with banana
- Pita and hummus
- Muffin and applesauce
- Baby carrots, cheese, and raisins
- Cereal/granola bar and juice

## Post-workout Snacks

You need to replace the energy your body used during your workout so that you are ready for the next one, as well as to keep you mentally alert. It is important to eat a snack 15 to 20 minutes after exercise, especially if you plan to exercise again in less than 24 hours. Ensure that you replace the fluids lost through perspiration by drinking water.



## Post-workout Snacks

- Light popcorn & applesauce
- Bagel and vegetable juice
- Pretzels and fruit leather
- Sports bar high in carbs
- Triscuits with salsa
- Almonds and fruit cup
- Jerky and crackers
- Sandwich with canned tuna
- Vegetables and milk
- Apple slices with crackers
- Cheese & crackers
- 250mL Chocolate Milk

## What can I eat on the run in the



It can be hard to fit food into a busy schedule of exercise, work/classes and studying, especially when you have limited appliances living in barracks. Here are some quick, easy and healthy snack/mini meal ideas that can be bought at CANEX, vending machine, or local grocery stores.

It is important to eat every 3 to 4 hours to ensure your body receives the energy it needs to perform daily activities. This can be achieved by

using the “Eating Well with Canada’s Food Guide” reference tool to



include all four food groups at each meal. Half of your plate should be loaded with fruit or vegetables. One quarter of your plate should be grains such as rice, pasta, or bread. The remaining quarter should be meat and alternatives.



### Meal Suggestion #1:

Oatmeal, toast with peanut butter and fruit yogurt.

### Meal Suggestion #2:

Pita with canned tuna, lettuce, cucumbers, and green peppers. Chocolate milk and an apple.

### Meal Suggestion #3:

Vegetable soup, bean salad, milk and fruit.

### Meal Suggestion #4:

Peanut butter and banana sandwich, cottage cheese, and vegetable juice.



### Do you do physical training in the morning on an empty stomach?

Sleeping is a fasting state and in the morning your body needs energy (calories) to be ready for the day. Breakfast improves your ability to learn, boosts your metabolism and provides energy for morning workouts. Breakfast is an important part of weight management. Research shows people who eat breakfast are less likely to overeat throughout the day and be better nourished overall.



For more nutrition information go to:

[www.dietitians.ca](http://www.dietitians.ca)

<http://www.forces.gc.ca/health-sante/ps/hpp-pps/default-eng.asp>

Or contact your 15 Wing Health Promotion Office at local 5519 or 2269



### Prepare food safely

Harmful bacteria are most likely to grow at room temperature, which increases the likelihood of food borne illness. Perishable foods should not be left out at room temperature for longer than two hours. These foods must be stored in the refrigerator or freezer. Wash all fruits and vegetables and the tops of cans before opening.

