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Eating Before & After Working Out

1 message

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To: donpaulwrites@gmail.com



Hi Don,

What to eat before and after workouts is crucial to both your health and safety, as well as for maximizing the [benefits of your exercise](#).

Best Foods Before a Workout

Not eating before a workout can make you dizzy, lightheaded, nauseous and tired enough to cut your routine short.

Eating good carbs gives you positive energy. When you eat them, they break down into your muscles, giving you the fuel you need to complete a workout at maximum capacity.

- Examples of good carbs include fruit, oatmeal, and plain Greek yogurt.

- Proteins that are easily digestible are also good sources to eat before your workout because they are essential for building your muscle strength and preventing against muscle tears. Examples of these proteins are nuts, a hard-boiled egg, milk or soy milk, and a slice of turkey.^[i]

Try to eat within one to three hours before a workout so that your body is not digesting while exercising.



Best Foods After a Workout

Failing to eat after an exercise causes fatigue and low blood sugar levels, thus inhibiting your body's ability to repair itself. You need to replace the calories, glycogen, and electrolytes that you burned during the workout in order to gain the full benefits and move closer to reaching your fitness goals.

- Again, good complex carbs and healthy proteins are the best sources of post-workout nutrition. Good carbs include quinoa, nuts, and whole wheat bread.
- Healthy proteins like fish, peanut butter, beans, and other legumes will give you the best results for continuously improving health and fitness.^[ii]

You should eat as soon as you can after a workout to refuel the energy your body needs to function correctly.



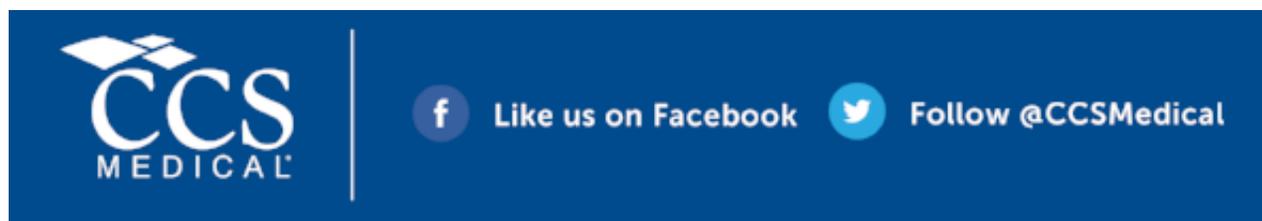
Remember: Drinking adequate amounts of water before, during and after workouts is also essential for maintaining fluid levels. Listen to what your body is telling you to determine the right quantities to keep hydrated.

Exercise and Diabetes

CCS Medical Clinical Team

[i] <https://www.self.com/story/what-a-registered-dietitian-says-you-should-eat-before-and-after-a-workout>

[ii] <https://www.goredforwomen.org/live-healthy/heart-healthy-exercises/what-to-eat-before-after-workouts/>



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