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# POWER UP!

## PRACTICAL NUTRITION ADVICE FOR ACTIVE KIDS AND ADULTS

What we eat directly relates to exercise performance and overall energy. Filling our bodies with high-quality fuel is key to leading an active lifestyle. You've heard of carb loading, but what about protein, fiber, and fats in your diet? When it comes to exercise, what should you eat and when? Let's walk through answers to these questions and set you up for success!

**BEFORE EXERCISE:** If you exercise first thing in the morning, eat a pre-workout snack like a banana or granola bar (unless you are fasting). Our muscles are fueled by glycogen, and it is created from dietary carbohydrates. If you are exercising later, eat breakfast within one hour of waking. Include a lean protein, quality carbohydrate, and a healthy fat.

**Breakfast Ideas:** Oatmeal with added protein powder and peanut butter, two eggs with sweet potato and berries, or Greek yogurt with banana and nuts

If you exercise in the afternoon, hydrate two hours in advance. Enjoy 2 cups of water paired with a carbohydrate-based snack. Try to avoid large meals, fatty foods, carbonated drinks, or lots of fiber. These all take a long time to digest and can cause some unfriendly side effects!

**Afternoon Snack Ideas:** Popcorn, granola bar, crackers, or banana—along with 2 cups of water

**DURING EXERCISE:** After every 60 minutes of exercise your body may need extra calories. Choose a portable snack that's easy to eat on the go or during

a rest period. If it's really hot out, you might need water with electrolytes, or electrolyte packets or tabs, all of which contain sodium, magnesium, calcium, and potassium.

**Portable Snack Ideas:** Organic Gatorade, banana, honey, or sports gels

**RECOVERY:** It's best to eat within 30 minutes following exercise. Find a protein- or carbohydrate-based snack, or eat a whole meal. Try to avoid high-fiber and high-fat foods during this time. If you eat these types of foods right after exercise, they'll slow down the digestion of proteins and carbohydrates (needed to repair the muscles quickly).

**Post-Workout Ideas:** Chocolate milk with extra protein, Icelandic yogurt, a protein shake, or fresh fruit with a little nut butter

### Smart choices

**Quality carbohydrates:** sweet potato, quinoa, oatmeal, whole grain crackers, whole grain pasta (If you have a big game or a tough workout, boost those carbohydrates two days before.)

**Lean proteins:** chicken, turkey, bison, grass-fed beef, salmon, yogurt, eggs, beans and legumes

**Healthy fats:** nuts, seeds, avocado, and hummus (to reduce inflammation after a workout)

**Hydration:** Drink 8 to 10 cups of water a day. Add turmeric powder to reduce inflammation. Drink beet or pomegranate juice for improved exercise performance.

