



Pre-workout Nutrition

NUTRITION AND DIGESTION GO HAND IN HAND: TIPS FOR CHOOSING THE BEST FOOD AND DRINK TO HAVE BEFORE WORKING OUT.

Why eat or drink before working out?

- To keep from being distracted by hunger
- To fuel your muscles with water and carbohydrates
- To have the energy you need to get the most out of your activity
- To feel good
- To recover more quickly after your workout

What are the best fuels?

- Foods and drinks that are easily tolerated and digested
- Foods that contain a good amount of carbohydrates but not too much fibre (e.g., rice, barley, pasta, bagels and white bread, boiled potatoes, etc.)

Less than 2 hours before physical activity, watch out for:

- Fatty foods, as they take longer to digest
- High-protein foods, as they take time to digest

Less than 1 hour before physical activity, go easy on:

- Foods that are rich in simple carbohydrates (honey, sugar, jam, chocolate). They can cause energy to spike and subsequently plummet, which could affect performance.

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Recommended diet

TIME BEFORE PHYSICAL ACTIVITY

3 hours	Normal meal that provides carbohydrates and a moderate amount of protein and fat from nutritious foods
2 hours	Meal providing mostly carbohydrates, with a little protein and fat
1 hour	Light meal providing mainly carbohydrates, very little protein, fat and fibre
Less than 1 hour	Light carbohydrate snack

Breakfast

TIME BEFORE PHYSICAL ACTIVITY

3 hours	250 ml (1 cup) milk + 1 bowl of oatmeal + 2 slices of bread + 30 ml (2 tbsp) peanut butter + 1 banana
2 hours	250 ml (1 cup) orange juice + 2 slices of bread + 30 g (1 oz) partly skim-milk cheese + 125 ml (½ cup) applesauce
1 hour	60 g (2 oz) whole grain cereal + 250 ml (1 cup) milk
Less than 1 hour	1 fruit yogurt (175 g) OR 125 ml (½ cup) Cottage cheese + 1 clementine OR 1 smoothie (250 ml)

Lunch or supper

TIME BEFORE PHYSICAL ACTIVITY

3 hours	250 ml (1 cup) rice, couscous, pasta or potatoes + 90 g (3 oz) lean meat + 250 ml (1 cup) vegetable juice + 1 yogurt (175 g) + 2 oatmeal cookies
2 hours	250 ml (1 cup) pasta salad + 1 small 6" whole wheat tortilla + 1 small can of tuna (85 g) + 125 ml (½ cup) vegetable juice + 1 fruit salad
1 hour	2 slices of bread + 2-3 slices of turkey breast + 125 ml (½ cup) fruit juice
Less than 1 hour	1 fruit yogurt (175 g) + 1 cereal bar

How to start your morning workout?

No time to have a complete breakfast that includes foods from at least three of the four food groups in *Canada's Food Guide*? Working out on an empty stomach isn't ideal. If you can't have a real breakfast, have at least:

- A glass of fruit juice • or a yogurt • or a small bowl of cereal with milk • or a fruit compote
- or a small bowl of Cottage cheese with a fruit cup

You can also make a smoothie in no time.

Can't eat a thing? Add a little 100% fruit juice to your water bottle to get some carbohydrates during your workout.

Eat breakfast right after your workout and you'll also be helping your body recover properly.

Morning Whip

2 servings

- **250 ml** (1 cup) milk
- **125 ml** (½ cup) vanilla yogurt
- **1** banana
- **125 ml** (½ cup) fresh or frozen fruit: strawberries, blueberries, mango, etc.

Place all ingredients in the blender jar, blend and enjoy!



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