

****REMEMBER****

Eating a meal or snack BEFORE & AFTER is very important!

Eat a light snack 45 minutes-1 hour before

Eat a meal 1-2 hours after or as tolerated

Eat snacks or meals high in Carbs, moderate in Protein, and low in Fat

Resources

<http://www.fitnessmagazine.com/recipes/snacks/low-calorie/after-workout-snacks/>

http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=26121&sc=3040

<http://www.dietrific.com/2007/08/27/pre-workout-snacks/>

http://www.healthcastle.com/sports_nutrition_pre_workout_snacks.shtml

<http://www.webmd.com/diet/features/what-eat-before-during-after-exercise?page=2>



Funding provided by Philadelphia Department of Behavioral Health/Intellectual disability Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities and the Office of Developmental Programs, Pennsylvania Department of Public Welfare.

****Always Consult a Dietician Regarding Snack Ideas if You Have a Dietary Condition ****

Healthy Snack Ideas



Pre-Workout Snacks

- Milk and 12 crackers, 2 tbsp. peanut butter
- Banana and yogurt
- Bagel with jelly and juice
- Cereal and milk
- Juice and pretzels
- Sports bar and water
- Low-fat vegetable soup, chicken noodle or tomato and crackers
- Blueberry muffin or fig bars and milk
- Half a chicken or turkey sandwich on whole-wheat bread
- Low-fat string cheese and 6 whole-grain crackers
- Hard-boiled eggs, yolks removed and replaced with hummus
- Skim milk blended with frozen fruit to make a smoothie



Post-Workout Snacks

- Fruit Smoothie
- Peanut Butter & Banana on Rice Cakes
- Hummus on Pita Bread
- Yogurt & Fresh Berries
- Tuna Sandwich on Wheat Bread
- Turkey & cheese w/ apple slices
- Juice with toasted soy nuts
- Grilled Chicken
- Fish
- Chocolate Milk

