Fueling for fitness
It’s important to eat healthy foods before and after you exercise to make the most of your workout.

Before exercise
- Apple and peanut or almond butter
- Oatmeal with nuts and berries
- ½ a peanut butter sandwich on whole grain bread
- Smoothie 8 oz.
- Nuts and dried fruit

After exercise
- ½ turkey or tuna sandwich
- Low-fat Greek yogurt with fruit
- Low fat chocolate milk
- Energy bar
- Greek yogurt and fruit
- Banana with peanut or almond butter
- Protein shake 8 to 10 oz.

Be sure to keep the portions small so you don’t undo all the work you’ve done.