

Pre- and Postexercise Nutrition How to Get the Most Out of Your Workout

“Exercise and King and Nutrition is Queen. Put them together and you have a kingdom.”

-Jack LaLane

Should I Eat Before My Workout?

- ✓ The National Strength and Conditioning Association (NSCA) recommends having at least 1 gram of carbohydrate per kilogram of bodyweight 1 hour before exercising.¹
 - This can increase your exercise performance by as much as 20%!²

This means that someone weighing 125 pounds (56.7 kilograms) should consume at least 57 grams of carbohydrate 1 hour before their workout.

How Much Protein/Carbohydrate After Exercising?

- ✓ The NSCA recommends 1.5 grams of carbohydrate per kilogram of bodyweight and 20 grams of whey protein³ within 30 minutes to 2 hours of finishing your workout.

Recommended Foods

- ✓ Granola
 - NoFo Crunch
 - North Fork of Long Island
 - Only 7 ingredients
 - www.NoFoCrunch.com
- ✓ Banana with Almond Butter
 - Barney Butter – www.BarneyButter.com
- ✓ Yogurt
- ✓ Core Power Drink - <http://www.corepower.com>



Chocolate Milk: The "New" Recovery Drink

March 23, 2012

- ✓ NOW Foods Whey Protein
 - Mix w/ 4 ounces of Red Jacket apple juice for an excellent and affordable post-workout meal
 - www.NOWFoods.com
 - www.RedJacketOrchards.com
- ✓ Raw Dairy
 - Llewyn Farms – Riverhead, NY
 - 631-722-4241
 - www.RealMilk.com



Reference:

1. Campbell BI. *The NSCA's Guide to Sport and Exercise Nutrition*. Human Kinetics Publishing. 2011, page 153
2. Hawley JA. Carbohydrate-loading and exercise performance. An update. *Sports Medicine* 1997; 24(2):73-81
3. Campbell BI. *The NSCA's Guide to Sport and Exercise Nutrition*. Human Kinetics Publishing. 2011, page 180