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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 <u>at</u> least 1 gram of carbohydrate per kilogram of bodyweight 1 hour before exercising.
 - o This can increase your exercise performance by as much as 20%!²

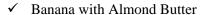
This means that someone weighing 125 pounds (56.7 kilograms) should consume at least 57 grams of carbohydrate 1 hour before their workout.

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
 - o NoFo Crunch
 - North Fork of Long Island
 - Only 7 ingredients
 - www.NoFoCrunch.com



- o Barney Butter www.BarneyButter.com
- ✓ Yogurt
- ✓ Core Power Drink http://www.corepower.com



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- ✓ 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
 - o Llewyn Farms Riverhead, NY
 - **631-722-4241**
 - www.RealMilk.com

whey Protein Isolate



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

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