WORKOUT NUTRITION GUIDELINES

The composition of your meal or snack should adjust based on time before or after activity.

PRE-WORKOUT

The sooner the moderate-high intensity training, the smaller the size of the meal / snack to ensure proper digestion.

The foods included should also be familiar and well-tolerated. Lower fiber carbohydrates can be easier on the stomach and quickly absorbed for energy during a session.

POST-WORKOUT

Protein and carbohydrates should be included in post-activity meals and snacks. Start with a serving of protein, and then add carbohydrates incrementally for more intense or longer workouts.

Protein needs based on current weight:

110 to 160 pounds: *20 to 25 grams of protein, 1 to 1 ½ scoops of protein*

165 to 200 pounds: *25 to 30 grams of protein, 1 ½ scoops of protein*

200 pounds and up: *30 to 40 grams of protein, 1 ½ to 2 scoops of protein*

Carbohydrate-to-protein ratio based on workout intensity:

Low intensity: *minimal carbohydrates*

Moderate intensity: *1:1*

Moderate / high intensity: *2:1*

High intensity: *3:1*

Some quick foods with 15 to 20 grams of carbohydrates:

+ *1 cup frozen berries*
+ *1 cup mango*
+ *½ large banana*
+ *¾ cup pineapple*
+ *6 ounces 100% fruit juice*
+ *1 tablespoon honey*

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