



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Work out Your Daily Routine

Do you feel as though you can't reach your desired fitness goals despite eating well? While eating nutritious foods and practicing moderation is important, it goes hand in hand with physical activity. When it comes to proper pre/post-workout nutrition, timing can play a role. With controversial information from Instagram "Fit-spos", fake fitness news often makes its way to your feed. If *Kanye's Workout Plan* is not quite doing the trick for you, take these pre/post-workout steps to

Refuel, Rehydrate, and Repair

Pre-Workout

1. Try eating your pre-workout **meals** 1-3 hours prior to physical activity. Choose lean proteins like poultry, fish, eggs, beef, or tofu with a complex carbohydrate such as whole grain pasta, whole wheat bread, or a baked sweet potato.

2. 30-60 min before working out, eat a high carb **snack** such as: a banana, some graham crackers, or a bowl of cheerios, to "top off" glycogen stores (stored energy) and get you through your workout.

During Workout

Remember to stay **hydrated** before, during and after working out to avoid dehydration. If you are properly hydrated, urine should be between a pale yellow and clear shade.



Post-Workout

1. Replenish glycogen stores by eating carbs and protein after exercising. This will help you rebuild and repair those tired muscles. Head to the dining hall after your gym session and grab a good ole' glass of chocolate milk, as it contains protein, fluids, and simple sugars. These are all important for optimal refueling.

2. Regardless if you work out in the morning, during the day, or at night, it is important to maintain a well-balanced diet from sunrise to sunset to help you reach your fitness goals.

Cardio is Hardio

Revised by: Christina Constantinou

Reviewed By: Dr. Shawn Arent –IFNH/Department of Kinesiology and Health

References: Hydration for Athletes. Accessed on January 22, 2018, from <https://familydoctor.org/athletes-the-importance-of-good-hydration/>
Timing Your Pre- and Post-Workout Nutrition. Accessed on January 22, 2018, from <http://www.eatright.org/resource/fitness/exercise/exercise-nutrition/timing-your-nutrition>.
Pre and Post Workout Tips. Accessed on January 22, 2018, from <https://www.davidson.edu/student-life/health-and-counseling/health-services/nutrition-services/workout-tips>