



# 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

### No Grain, No Gain

Whether you are an elite athlete or a Werblin weekend warrior, properly fueling up before, during, *and* after exercise can be crucial to feeling and performing your best. Carbohydrates are king when it comes to fueling up. Carbs are broken down into glucose and stored as glycogen in the muscles, giving you the energy you need to power through a tough workout. Afterwards, protein helps your muscles repair and recover. While *what* you eat for exercise is important, *when* you eat it matters just as much.



#### Obtain the Grain

If you work out in the evening, 3-4 hours before exercising is the ideal time to eat a filling meal that is high in carbs with a moderate amount of lean protein and healthy fat. Head to the pasta station for a serving of whole wheat pasta topped with tomato sauce, vegetables, and a lean protein, such as grilled chicken or shrimp.

#### Snack Attack

Need an energy boost before your gym session? Try eating a small carbohydrate-rich snack such as a banana or a handful of raisins.



#### Macronutrients for Muscles

If you do not have time to eat a full meal within a few hours of exercising, aim for a snack that is high in lean protein and carbohydrates to help your muscles recover. Try 6-8 ounces of fat-free chocolate milk or hummus with whole grain crackers.



3-4 hours  
before

1-2 hours  
before

30 minutes  
before



Post-workout

#### Don't Be a Fool, FUEL

For those who typically hit the gym in the morning, most may not wake up at 5am to have a full breakfast. Exercising on an empty stomach may have you feeling weak and lightheaded during exercise. With less than two hours to go, stick to a carb-centric snack. The dining halls offer takeout for breakfast; try half of a whole grain bagel with peanut butter and sliced banana or a Greek yogurt cup with fresh fruit for on-the-go fueling.



#### Don't Test Your Fate, HYDRATE

Water and electrolytes are lost during exercise and need to be replenished to stay hydrated. Aside from hydrating before and after exercise, aim to drink about 6 oz of water every 10-15 minutes during your workout. Unless you are doing continuous vigorous exercise for over an hour, there is no need to replenish with a sports drink or snack during exercise.



### Fueling Up is the Name of the Game

Revised by: Kiera Nealon

Reviewed By: Chris Gunning, RDN-Rutgers Student Health Services/IFNH

References: *Timing Your Pre- and Post-Workout Nutrition*. Available at: <https://www.eatright.org/fitness/exercise/exercise-nutrition/timing-your-pre-and-post-workout-nutrition>. Accessed on: 4/2/2019. *3 Easy Tips for Fueling Your Workout without Overdoing It*. Available at: <https://www.eatright.org/fitness/sports-and-performance/fueling-your-workout/3-easy-tips-for-fueling-your-workout-without-overdoing-it>. Accessed on: 4/2/2019. Clark, N. *Sports Nutrition Guidebook*. 5th Edition. Human Kinetics, 2014.

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email [peggyp@dining.rutgers.edu](mailto:peggyp@dining.rutgers.edu).