Optimize Your Fitness Performance with Proper Nutrition

To get the most out of your workout and see the results you’re looking for, it’s crucial to look at what you’re eating before and after exercise to help you reach your goals.

**EATING BEFORE EXERCISE**

3-4 HOURS BEFORE EXERCISE
High Quality Carbohydrates
Lean Protein
Low in Fat and Fiber

EXAMPLES:
- Grilled Chicken, Steamed Veggies and Brown Rice
- Greek Yogurt, 100% Whole Grain Toast with Peanut Butter
- Oatmeal with Almonds, Low Fat Milk and Fruit Cup

30 MINUTES—1 HOURS BEFORE EXERCISE
High Carbohydrate
Limited Protein
Low in Fat and Fiber

EXAMPLES:
- Honey & Banana Sandwich, Melon, Crackers

**EATING AFTER EXERCISE**

WITHIN 30 MINUTES AFTER EXERCISING
High Quality Carbohydrates
Lean Protein

EXAMPLES:
- Low Fat Chocolate Milk
- Smoothie made with Greek Yogurt and Berries
- Rice Cakes with Peanut Butter and Banana

MEAL AFTER EXERCISE
High Carbohydrate
Moderate Protein
Healthy Fats

EXAMPLES:
- Stir Fry with Grilled Chicken and variety of Vegetables
- Grilled Salmon, Brown Rice and Broccoli • Omelet with Veggies & Low Fat Cheese and 100% Whole Wheat Toast

For more information, please contact:
Lauren Withers, Campus Dietitian
(207) 602-2850 | Lauren.Withers@sodexo.com
Power Up with more Fruits & Vegetables!

- Try a variety of new pizza toppings including broccoli, spinach, green peppers, tomatoes, mushrooms & zucchini.
- Have a smoothie for breakfast. Include low-fat milk, frozen strawberries and a banana.
- Try a veggie wrap: roasted vegetables, low-fat cheese, and a whole-wheat tortilla.
- Instead of chips, eat crunchy vegetables with a low-fat salad dressing.
- Add color to your salad! Try carrots, grape tomatoes, spinach leaves or mandarin oranges.
- Keep colorful fruits in a place that’s easily visible for an easy grab and go snack.
- Puree fruits such as apples, berries, peaches or pears in a blender for a sweet topping on food.
- Include vegetables in your omelet for a hearty meal. Try broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
- Add fruits and vegetables into a sandwich. Try sliced pineapple, apple, peppers, cucumber and tomato as fillings.
- Make a habit of adding fruit to your morning breakfast.
- Top your baked potato with beans and salsa or broccoli and low-fat cheese.
- For lunch microwave a cup of vegetable soup to pair with a sandwich.
- Add grated or shredded vegetables to meatloaf, mashed potatoes, pasta sauce and rice dishes.
- Have fruit for dessert! Try a banana and frozen yogurt topped with chopped nuts.
- Try dipping whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

For every pound lost in sweat, drink at least 16 ounces (2 cups) of water

Fueling & Refueling Green Smoothie

**INGREDIENTS**
1 cup of spinach, or other leafy green such as romaine lettuce or kale
1/2 cup of blueberries
1 small banana
1/2 cup of plain low-fat Greek yogurt
1/2 cup of water, to thin if consistency is too thick

**DIRECTIONS**
1. Place all ingredients in a blender and blend on high speed until thoroughly mixed and desired consistency is reached.
2. Pour into a tall glass and consume immediately while still fresh and cold! ENJOY!