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NUTRITION BEFORE AND AFTER EXERCISE



We know that proper nutrition is absolutely critical for seeing results from an exercise program. But your nutrient timing – what and *when* you eat to support your workouts – is key for optimizing your energy, maximizing your workout performance, building muscle, and promoting recovery. The most important thing to remember is to **consume quick-digesting, healthy protein and carbs within 1 hour before and after your workout!**

BEFORE Workout

2-3 hours before: low-glycemic (whole grain) starch + low-fat protein

- Ensure adequate glycogen stores & muscle protein
- Examples: Oatmeal & 4 egg whites; chicken breast & ½ cup brown rice; 2 hard-boiled eggs & ½ sweet potato; 1 slice whole grain toast & 1 tbsp nut butter

Within 1 hour before: fruit + whey protein (0.1 g whey per lb)

- Increase energy, prevent low blood sugar, & preserve muscle protein
- Examples: Smoothie with ½ scoop whey & fruit; non-fat Greek yogurt & 1 cup berries; glass of skim milk & fruit
- Pea or vegan protein powder if can't tolerate whey

Keep fat consumption to a minimum

Limit fiber intake

- Fiber slows digestion & nutrient absorption
- Stick with whole grains, fruit, & lean protein

Stick to familiar foods

Drink 8 oz water

During exercise, take sips of water every 15-20 minutes and consider using a Branched Chain Amino Acid (BCAA) supplement to preserve muscle. If exercising for more than 1 hour, consume 30-60 grams of quick-digesting carbs every hour after the 1st hour (e.g. gels or a low-sugar sports drink).

Please contact Gabbi at (410) 971-0140 or gabbi@gabbiberkow.com if you have any questions, would like more information, or need help determining what will work best for you!

AFTER Workout

Right after workout: whey protein + fruit or low-fiber starch

(0.5g carb per lb + 0.25g protein per lb)

- Allows muscles to start building & repairing
- Examples: Smoothie with 1 scoop whey protein powder & fruit; 1 scoop whey protein powder mixed with water & a banana
- Pea protein if can't tolerate whey

Within 2 hours after workout: protein + carb meal

- Protein foods high in leucine to help build muscle
- Healthy carbs to replenish glycogen stores
- Examples: chicken breast + ½ sweet potato + veggies; salmon + ½ cup quinoa + veggies; salad with tuna + ½ cup farro + ½ cup berries; tilapia + ½ cup brown rice + veggies

Drink plenty of water

Replenish electrolytes lost in sweat – sodium & potassium

- High potassium foods: fruits, veggies, potatoes, milk
- Have a little salt in post-workout meal

For building muscle: 1 scoop of casein protein powder at night before bed

- Gives muscles protein during overnight fast

