



Snacking and Physical Activity

Our bodies are similar to balances, with the food we eat on one side and the physical activity we do on the other. In order to keep the balance level and to maintain a healthy weight, energy intake from the food you eat should equal the amount of energy you expend through physical activity.

ENERGY IN = ENERGY OUT
(food) (physical activity)



Exercise and Physical Activity: What's the Difference?

Exercise: Planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Activity: All bodily movements that result in energy expenditure.

Why Snack?

By eating small (100-200 calorie) snacks before and after participating in exercise, you are continually providing your body with the necessary energy it needs. This energy is used to help fuel your daily activities, your exercise regimen, and your overall physical activity level.

Energy is provided in many different forms, such as fruits, vegetables, grains, protein, and dairy. When choosing snacks, the best picks are foods and beverages that are low in calories and high in nutritional value. These types of items will provide you with energy you need to become more effective and efficient when participating in exercise or physical activity.

Snacking 1-2 hours before exercise can enhance performance by supplying you with enough energy to complete your workout, while snacking 1-2 hours after exercise helps to replenish important energy and nutrients lost. These types of snacks should be high in complex carbohydrates and protein and are often made by combining foods from several different food groups.

Pre-Workout Snacks:

Trail Mix

Yogurt

Fruit

Granola Bars

Oatmeal

Post-Workout Snacks:

1/2 whole wheat bagel with 2 Tbsp. peanut butter

1 slice whole wheat bread with 1 oz. each turkey and cheese

1/2 bean burrito

1.5 oz. of tuna on whole wheat crackers

Chocolate Milk

Hydration:

Hydration is an important part of snacking and physical activity. Be sure to drink plenty of fluids before, during, and after physical activity to prevent dehydration. Water is a great choice for up to 45 minutes of low-moderate intensity physical activity.

Post-workout, low fat chocolate milk is the ideal recovery beverage due to its fluid content as well as its mix of carbohydrates and proteins.

