Eating for Activity and Health

Food is fuel. Learn which foods to choose before, during and after you are active.

Strive for Wellness

BEFORE

30 to 90 Minutes before Activity

Eat a snack or a small meal containing protein, carbohydrates and fat. Balanced nutrients will ensure you have enough energy and minimize hunger.

Foods to Choose

Whole grains, peanut butter, meats, eggs and cheeses provide fat, fiber and protein to keep you full during activity.

Healthy Combinations

- 1 egg and 1 slice of whole-grain toast
- 3/4 cup of whole-grain cereal with low-fat or reduced-fat milk
- 5 whole-grain crackers with 1 ounce of cheddar or mozzarella cheese and 1 ounce of deli meat
- ½ English muffin topped with 1 slice of Swiss cheese, lettuce and tomato
- ½ cup of cottage cheese with ½ cup of strawberries

DURING

During Activity

When packing for a day of activity outdoors, choose foods high in nutrients that won't readily spoil, and limit sugary foods like sodas and candy.

Foods to Choose

Whole grains and fruits provide carbohydrates for energy to keep you moving.

Healthy Combinations

- 1 granola bar
- 1 cup of whole-grain cereal
- 1 apple
- 1 peanut butter and jelly sandwich on whole-grain bread
- 1 cup of trail mix

Don't forget to Hydrate!

Drink plenty of fluids before heading to the trail or take a water bottle with you. Ensure children and older adults have easy access to fluids because of their high risk of dehydration.

AFTER

20 to 60 Minutes after Activity

Replace nutrients lost during the activity. Carbohydrates and protein provide optimal nutrients for muscle recovery. Sodium and potassium from fresh fruits, vegetables and whole grains replace electrolytes lost in sweat.

Foods to Choose

Whole grains, protein, fruits and vegetables provide optimal nutrients to help your body recover.

Healthy Combinations

- 1 banana with peanut butter
- 8 ounces of low-fat chocolate milk
- Half of a turkey sandwich with fresh veggies on whole-grain bread
- 8 ounces of fruit smoothie made with low-fat milk or yogurt
- 3 ounces of pretzels with ¼ cup of hummus

For additional nutrition information, visit:
www.mchcp.org/statemembers/striveforwellness