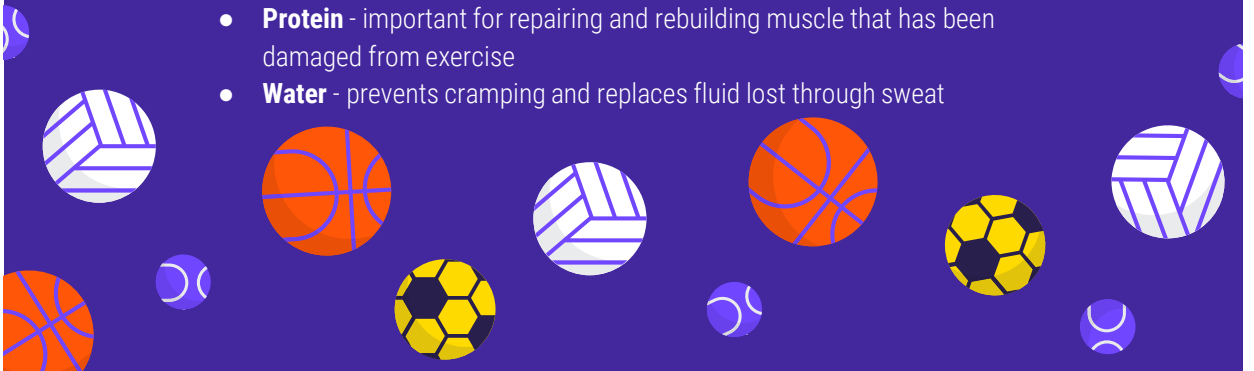




Important nutrients for athletes

- **Carbohydrates** - our muscles main source of energy, important for fueling our workouts
- **Protein** - important for repairing and rebuilding muscle that has been damaged from exercise
- **Water** - prevents cramping and replaces fluid lost through sweat



What should I eat before and after a workout?

Before

Focus on foods with carbohydrates.

Carbohydrates are helpful to fuel you during the workout and prevent hunger.



After

Eat a snack or meal with carbohydrates and protein.

Carbohydrates will help replace energy used during the workout and protein will help to repair muscle.

Snack Ideas

Before a workout

- Peanut butter with banana
- Oatmeal with fruit
- Whole grain toast topped with hummus or avocado

After a workout

- Fruit smoothie with protein powder
- Rice and beans
- Pasta with tofu

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