



# Easy Energy Ideas for Long Workouts

Proper fuel before, during, and after a long workout (> 1 hour) is so critical to ensuring adequate energy to maximize performance and for optimal repletion of energy stores. Below are some suggestions for the best meals/snacks for proper fuel. Keep in mind that everyone has different preferences and tolerances. It's best to experiment until you determine which foods work best and how much you need to sustain energy stores for your best performance.

<p><b>BEFORE</b> (should be 2-4 hours before)</p> <p>*The more time before, the bigger the meal/snack can be. The closer you get to start time, the less fiber/protein/fat you should eat. If you are within 1 hour, follow the “during” guidelines.</p>	<ul style="list-style-type: none"><li>• Bagel with peanut butter, melted cheese, or cream Cheese</li><li>• Oatmeal</li><li>• Cereal with skim milk and fruit</li><li>• Yogurt and fruit</li><li>• Peanut butter on toast</li><li>• Cottage cheese and fruit</li></ul>
<p><b>DURING</b> (goal is about 60 grams of carbohydrate per hour)</p>	<ul style="list-style-type: none"><li>• Fig Newtons</li><li>• Pretzels</li><li>• Dried cereal (not whole grain)</li><li>• Mini Ritz cheese or peanut butter crackers</li><li>• Life Savers, Gummi Bears, Sweet Tarts, jelly beans</li><li>• Honey-based product</li><li>• Hard candy</li><li>• Dried fruit</li><li>• Graham crackers or animal crackers</li><li>• Sports drinks or gels</li></ul>
<p><b>AFTER</b> (should be within 30 minutes after you finish and then again in 2 hours)</p>	<ul style="list-style-type: none"><li>• Smoothie with fruit (can include any variety of additives such as flaxseed, whey protein, Glutamine)</li><li>• Egg sandwich</li><li>• Baked potato with cheese and salsa</li><li>• Any variety of sandwich with fruit</li><li>• Chocolate milk or Carnation Instant Breakfast mixed with skim milk</li><li>• Any of your favorite meals as long as it includes carbohydrate and protein</li></ul>

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