

WHAT SHOULD YOU EAT WHEN YOU TRAIN?

BEFORE TRAINING: THE 5 GOLDEN RULES

1. Focus on carbohydrates (energy)
2. Consume enough protein, without overdoing it
3. Limit fats since they take a long time to digest
4. Choose foods that you're used to eating and tolerate well
5. Make sure you're hydrated!

A FEW SNACK IDEAS FOR BEFORE AND AFTER TRAINING

If you're doing moderate physical activity, you don't need to follow a complex routine: a balanced diet every day and staying hydrated are all you need!

When I eat...	My body needs...	Suggestions...
2 hours BEFORE training	A snack rich in: carbohydrates , including a source of protein	<ul style="list-style-type: none"> · Yogurt and cereal bar · Peanut butter and banana · Dried fruit and nut mix · Smoothie made with fruit and yogurt
15 minutes BEFORE training	A snack rich in simple sugars	<ul style="list-style-type: none"> · Fruit compote · Fruit juice · Fig cookies · Fruit bar
AFTER training «Have a nutritious snack in the 30 minutes following physical activity to maximize your muscle recuperation!»	Liquid to rehydrate Carbohydrates to replenish your stores of energy Protein to help repair muscles	<ul style="list-style-type: none"> · Chocolate milk · Yogurt and fruit · Drinking yogurt · Juice and cheese · Homemade muffin and glass of milk · Fruit "smoothie" milkshake · Soy drink