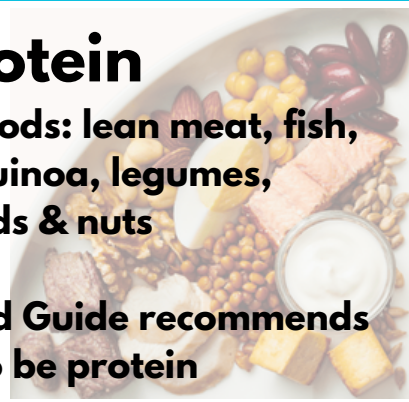




# HYDRATION, PROTEIN, & WORKOUT FOODS

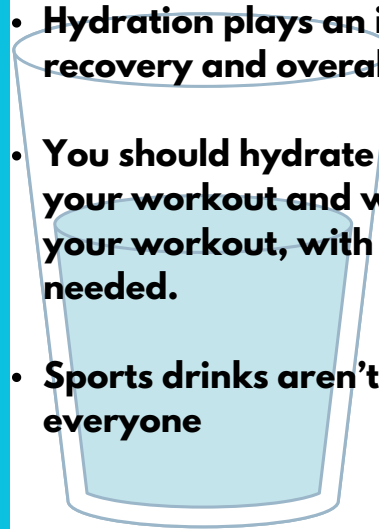
## Protein

- Protein-rich foods: lean meat, fish, eggs, dairy, quinoa, legumes, soybeans, seeds & nuts
- Canadian Food Guide recommends 1/4 of meals to be protein



## Hydration

- Hydration plays an important role in recovery and overall performance.
- You should hydrate 2-3 hours BEFORE your workout and within 2 hours AFTER your workout, with sips in between as needed.
- Sports drinks aren't necessary for everyone



## Pre-Workout Foods

★ Carbohydrate + Some Protein ★



Oatmeal with low-fat milk + fruit



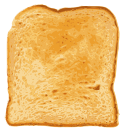
Yogurt and berries

Handful of nuts + raisins (2 parts raisins, 1 part nuts)



## Post-Workout Foods

★ Carbohydrate + Protein ★



Hard boiled eggs & toast

Smoothie made with fruit & low-fat yogurt



Banana with a cup of low-fat milk

## Try this at home!

- Try different types of protein foods before or after your workout foods to see what you like! Examples can be trying a new tofu recipe or a new way to cook chicken
- Take a look at the meals you usually eat and see if they include 1/4 plate protein

## Resources

- Canada Food Guide
- NASM - What to Eat Before a Workout

