Fueling for fitness
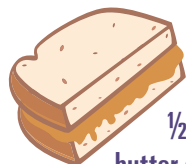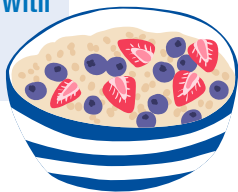
It's important to eat healthy foods **before** and **after** you exercise to make the most of your workout.

Before exercise

Apple and peanut or almond butter

Smoothie 8 oz.

Oatmeal with nuts and berries

Nuts and dried fruit

½ a peanut butter sandwich on whole grain bread

Greek yogurt and fruit

After exercise
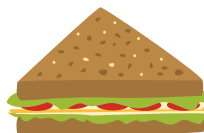
½ turkey or tuna sandwich

Low-fat Greek yogurt with fruit

Low fat chocolate milk

Energy bar

Banana with peanut or almond butter

Protein shake 8 to 10 oz.

Be sure to keep the **portions small** so you don't undo all the work you've done.