

HEALTHY PRE-WORKOUT SNACKS

Fuel your physical activity with the proper nutrients for a more productive workout!

[Visit Eatright.org](http://Eatright.org) for more Information



Greek Yogurt with toppings

Greek Yogurt is a great source of healthy fats and protein. Top this snack off with some fruits and granola for more vitamins and minerals!

A bowl of white Greek yogurt topped with various fruits like strawberries, blueberries, and kiwi, along with some granola.

Peanut Butter Jelly Sandwich

This snack has a great balance of carbs and fats. Try swapping out the store bought jam with homemade fruit jam for less added sugar!

A sandwich with two slices of white bread, peanut butter, and jelly spread on it.

String Cheese & Pretzels

This snack is simple and easy to prepare when in a crunch for time, providing fats for endurance and carbs for immediate energy!

A string of cheddar cheese and several pretzels.

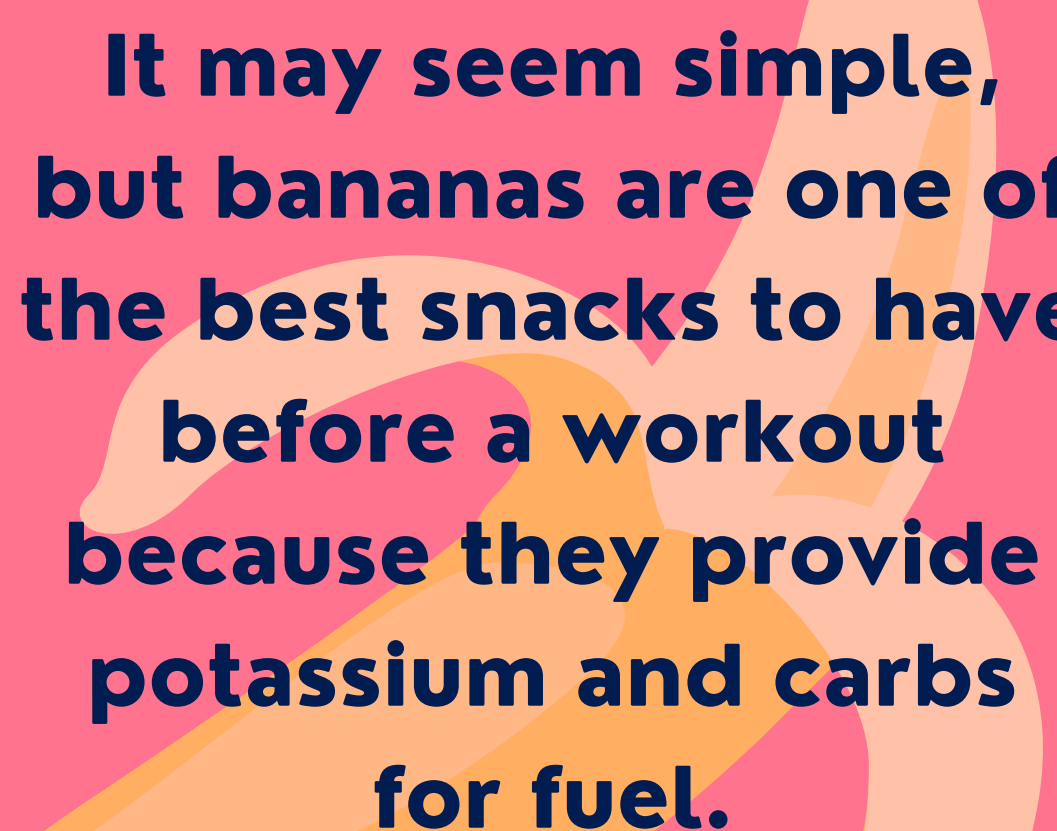
Apples with Peanut Butter

This snack is one that everyone loves and packs carbs, protein, and fats, all the essential macronutrients when working out!

A large red apple with a green leaf and a brown stem.

Bananas

It may seem simple, but bananas are one of the best snacks to have before a workout because they provide potassium and carbs for fuel.

A yellow banana with a green stem and a small leaf.

Extra Info:

Make sure you are well hydrated with water before beginning any workout. Also remember to eat snacks/meals 30 minutes-1 hour before a workout for proper digestion and energy absorption!