

Snacks are a great way to keep our bodies fueled throughout the day. If you haven't eaten for a few hours and are planning to exercise, pre-exercise snacks are important. A small snack consisting of 100-300 calories 1-2 hours before exercise (or a meal 3-4 hours before exercise) can prevent low blood sugar, settle your stomach by fighting hunger, fuel your muscles by promoting glycogen storage, and put your mind at ease because it knows your body is properly fueled.

Good snack choices contain carbohydrate and some protein, but are low in fat and sugar. Healthy snack choices may include: dry cereal mixed with dried fruit, oatmeal, fruit with low-fat cottage cheese, whole grain crackers with a mozzarella cheese stick, ½ sandwich, yogurt with cereal or a small amount of almonds/walnuts, or a glass of milk with a handful of almonds.

Couple your snack choices with water to keep yourself hydrated (at least 64 ounces of water per day). Remember, losing weight is about creating a calorie deficit at the end of the day, but without proper fuel, your body will be unable to perform.

Plan to fit pre-exercise snacks into your meal plan to help you exercise efficiently and burn more calories. Refuel shortly after an intense workout with your next meal or small snack.