

Healthy Eating

Best snacks to eat before and after exercise

Pick the right foods that give the most energy regardless of your activity level. Carbohydrates are the first responders to the body's need for energy during exercise. Protein and fat are not nearly as efficient.

Hit the trail or the gym with the following healthy food ideas before and after your workout, suggests Anita Kobuszewski, RD, author of *Food: Field to Fork, How to Grow Sustainably, Shop Wisely, Cook Nutritiously, and Eat Deliciously*:

- Whole-grain bagel with peanut butter and yogurt
- Thin-crust pizza with green peppers
- Granola with low-fat milk and banana
- Trail mix with nuts and dried fruit (see *Walk the Trail Mix* recipe)
- Instant oatmeal made with low-fat milk
- Bran or corn muffin with egg whites and salsa
- Fig bars with peanut butter and juice

