

## Snacking Smart Before & After Exercise

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Eating the right foods between meals is key for any running situation! Snacking is a valid nutrition strategy for fueling your workouts, getting a variety of nutrients, and spreading calories evenly throughout the day. Snacks also help sustain blood-sugar levels and keep you from overeating later. Snacking before you exercise will help energize your workout and should be consumed 30-60 minutes before a workout. Pre-exercise snacks should be high in carbohydrates and easy to digest to provide fast energy. Eating a little protein before exercise will help to steady your blood sugar, particularly during a long run or intense workout that lasts 60-90 minutes.

Fueling up after exercise is also important, both with carbohydrates and protein. To optimize muscle glycogen replenishment, you should consume carbohydrate-rich foods and beverages within 15 minutes after your workout. Adequate protein intake accelerates muscle growth and speeds recovery by helping rebuild muscle fibers stressed during a run. Protein has also been shown to help maintain a strong immune system, which is weakened after an intense bout of exercise.

How much one should eat varies from person to person and depends on the duration and intensity of your workout. In general, most active people can enhance their performance with snacks around 200-300 calories. Some examples before exercise may include a banana with cottage cheese, fig cookies, 1/2 bagel with peanut butter or a sports drink with beef jerky. After a workout, snacks may include 1/2 lean roast beef sandwich with lettuce and tomato, raw veggie sticks wrapped with lean turkey, ham or roast beef, cheese and crackers or chocolate milk. To learn more about the Power of Protein in exercise and health visit [www.beeftips.com/](http://www.beeftips.com/).

## Savory Beef & Cheese Roll-ups



Total Recipe Time: 50 minutes. **Makes 4 servings**

### Ingredients

- 1 pound well-trimmed deli roast beef, thinly sliced
- 2 packages (6 ounces each) garden vegetable flavored soft spreadable cheese
- 4 large (10 inches) flour tortillas
- 1 cup shredded carrots
- 1 cup shredded Monterey Jack cheese (optional)
- 8 leaves green leaf lettuce

### Instructions

1. Spread cheese evenly over one side of each tortilla; top each with 1/4 cup shredded carrots and 1/4 cup Jack cheese. Layer lettuce and deli roast beef over carrots, leaving 1/2-inch border around edge. Roll up tightly; wrap in plastic wrap. Refrigerate 30 minutes before serving.
2. To serve, cut each roll diagonally in half.

### Cook's Tip

Roll-ups may be prepared ahead of time; wrap and refrigerate up to 8 hours before serving.

Nutrition information per serving: 578 calories; 45 g protein; 43 g carbohydrate; 25 g fat; 5.7 mg iron; 844 mg sodium; 155 mg cholesterol.