Winning Combinations:
Need a good energy boost before your workout? Feeling fatigued after your workout? Making sure that your body has the proper fuel sources can help you feel energized, satisfied, and ready to go! Pairing complex carbohydrates with a healthy protein or fat is a great way to fulfill this need.

What are complex carbohydrate and why should you eat them?
Carbohydrates provide the main energy source that your body uses for daily functions. Complex carbohydrates take longer for the body to break down than simple carbohydrates and provide an immediate and sustained supply of energy. Complex carbohydrates also contain more fiber, vitamins, and minerals that your body needs to replenish itself.

Some types of complex carbohydrates are whole grains, beans, dairy products, fruit, legumes, popcorn, oatmeal, brown rice, and starchy vegetables.

What are healthier protein sources and how can you incorporate these:
We all know how important protein is for our workout because it helps to rebuild your muscle post-workout and provide energy for the remainder of your day. Protein comes in two categories: low-fat or high-fat. Low-fat proteins have less calories than high-fat proteins, but some high-fat proteins are fine in the diet, especially if they are plant-based. Eating either type can be an excellent way to include protein after a workout.

Lean proteins: shrimp, tuna, low-fat Greek yogurt, skinless white meat poultry, white fish, egg whites, beans, peas, lite tofu, and low fat soy or almond milks.

Healthy high-fat proteins: whole milk dairy products (milk, cheese, yogurt), egg yolks, peanut butter, nuts, seeds, and regular tofu or soy/almond milk.

What are healthier fat sources and why are they good for you:
Including healthy fats in your life is important because fats provide energy and help reduce the feeling of “starving” post-workout. Unsaturated fats are heart healthy fats which can help reduce the risk of developing diseases, can help improve cholesterol, and reduce inflammation. Healthy fats also contain essential fatty acids and help move fat-soluble vitamins, such as vitamin A, D, E and K that are important for exercise. These fats are often liquid at room temperature, but avocados are an exemption!

Sources of healthy fats are nuts, seeds, fish oils, and olive, canola, and other vegetable, nut, or seed oils.

Perfect Pairs:
Quick snack options you can try include:
- Granola + Greek Yogurt
• Fruits + Nut Butters
• Whole wheat toast + avocados
• Veggie sticks + hummus
• Pretzels + cheese
• Fruits + nuts
• Whole grain cereal + low-fat milk
• Popcorn + dark chocolate