Fueling Up for Fitness

Eat this, not that, before you exercise.

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Ever wonder what foods to snack on before you work out? According to fitness experts, the first thing you should reach for is water to make sure you're properly hydrated. Many suggest you drink 16 to 20 ounces of H2O one to two hours before you work out.

Experts also suggest you enjoy a meal about 45 minutes to an hour before exercising so your stomach has a chance to digest the food. One go-to combo is a serving-size mix of protein and complex carbohydrates ranging from 100 to 300 calories: Think a small dish of brown rice and 4 ounces of chicken. But the combinations are endless. A meal of the correct kind of leftovers is always a good choice, such as half of a tuna fish sandwich made with whole grain bread. Want something sweeter? Try nut butter on whole-grain toast topped with luscious sliced bananas.

What shouldn't pass your lips? Foods high in fat or fiber. They can leave you feeling sluggish and may take longer to digest and give you the energy boost you need.

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