Exercise Your Options

Know what’s best to eat before you work out.

February 28, 2013 By Kate Ferguson

If you’re planning to exercise for 45 minutes or more, fueling up with high-quality carbs before working out is a must. But the amount of time you have between eating and exercising can dictate your ideal meal, says Chris Rosenbloom, the sports dietitian for Georgia State University’s athletic department.

It’s best to have at least three to four hours before you work out, so you’ll have enough time to digest the food, Rosenbloom says. But if time is tight, eat nutrient-dense foods such as low-fat fruit yogurt, maybe two mini bagels and a piece of low-fat string cheese, or one medium to large banana. All contain at least 30 grams of easily digested carbs and other healthy nutrients, such as calcium, protein, potassium and vitamins A and C, among others.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/exercise-food-options-23561-3884