

HEALTHY WORKOUT FOODS

AVOCADO

Women on strict low fat diets who workout regularly have an increased risk of bone and joint problems. Eating a portion of avocado helps keep your bones and joints healthy, and at the same time, provides a low fat intake food.



SKINLESS CHICKEN THIGHS

Poultry is much lower in fat than red meat. Chicken and turkey thighs are an excellent source of iron, zinc and vitamin B. Without iron and zinc, your body will not have enough energy to maintain a productive workout schedule.

CHOCOLATE MILK

NOT chocolate syrup, but milk and cocoa. Cocoa and milk provide calcium, but still maintain a low fat intake. Current studies show that milk with a small amount of cocoa helps to replenish and repair muscles, along with providing an energy boost.



BANANAS

Bananas are enriched with potassium and help reduce the "stitch in your side" during and after workouts. Bananas are also full of energy producing carbohydrates.

WHOLEGRAIN BAGELS

Women must have carbohydrates before workouts! Wholegrain foods are digested slowly and produce a larger amount of energy instead of bursts of "short" energy. Your body needs a steady energy during a workout.



ORANGES

Everyone knows that oranges are full of vitamin C, which can help with colds, but vitamin C is also used to help repair muscle tissue and keep bones healthy. Full servings of vitamin C are necessary in order to keep the bones and tissues healthy and strong during workouts.

POTATOES

A small baked potato with a pinch of salt will help you maintain a correct fluid balance in the cells. This ensures that healthy muscles are maintained during your workout!



BERRIES

A snack of berries offers an excellent source of nutrients, which protect muscles from damage that may be caused from exercise. Look for berries of the darkest color—the deeper the color, the healthier the fruit.

CRANBERRIES

Cranberries are a wonderful after workout source of carbohydrates. Cranberries also contain an ingredient that helps fight urinary tract infections.



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