



**Useful nutrition tips from
Natalie Greene, RD**

Pre-Workout Snack Ideas

Here are some snacks that will help keep you energized throughout your workout:

1 cup of Cheerios with 1/2 a banana and 1/2 cup skim milk

Small cup of non-fat yogurt with 1/2 cup berries

1 whole wheat english muffin with 1 tablespoon natural peanut butter

Fruit smoothie: 1 cup non-fat yogurt, 1/2 cup fresh or frozen fruit, and 1 teaspoon ground flaxseed

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3-4 fig cookies or 1 low-fat granola bar

Satisfying Snacks will help you Stay Strong!!!

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