Have you started a new fitness routine? Are you confused as to how your workouts will impact your current diet or what you should be eating at all? Don’t fret. There are a few simple nutrition rules to master that will keep you healthy, strong, well-fueled, hydrated, and of course, at a healthy weight.

1. Don’t skip carbohydrates. Carbohydrates are your body’s primary source of fuel so instead of banning them from your diet, focus on the quality of carbohydrates you choose. Vegetable-based carbohydrates like sweet potatoes and butternut squash are very dense in nutrients. Beans and lentils are another great option since they provide a combination of protein and carbohydrates as well as nourishing vitamins and minerals. Whole grains are superior to refined grains when it comes to their nutrient density. Highly refined grains are exceptionally beneficial in minimizing the added sugars in your diet.

2. Fuel-up pre-workout. It is not a good idea to attempt a workout on an empty tank. Fuel your body with a simple snack anywhere from one to three hours prior to your workout to maximize your energy levels and your results. Depending on your body and how you tolerate certain foods, you may consider avoiding things like dairy and foods with excess fat and fiber that can be more difficult to digest. Try something like a piece of fruit with a few nuts or a small smoothie. Pair proteins with carbohydrates for prolonged satiety and maximum energy.

3. Be sure to hydrate. Staying well hydrated is imperative if you want to fend off fatigue and support your body’s natural functions. Drinking plenty of water throughout the day is as important as hydrating during your workout. Divide your weight in pounds by two for a rough estimate of the minimum number of ounces you should consume throughout the day. Typically, when working out for health purposes and for weight maintenance, avoid high-sugar sports drinks. If you are craving something to flavor your water, consider adding a few citrus or cucumber slices to your water bottle.

4. Remember to replenish. Twenty to thirty minutes post-workout, it is important to replenish lost nutrients. You must be conscious however, not to over-consume calories which can render the caloric deficit achieved during your workout void. Try a small snack of easily digestible carbohydrates and protein like eight ounces of chocolate milk or a fruit-based smoothie. A handful of trail mix is another sound option.

5. Never forget to nourish. Create nutrient-dense, vegetable-centric plates that are packed with nourishing foods like the carbohydrates mentioned above and lean proteins. Try to avoid using your workout as an excuse to overindulge and keep your focus on the big picture—a healthy lifestyle, a healthy relationship with food, and moderation that results in satisfaction.

Ready to hit the gym now that you know how to fuel your workouts? Could you use more guidance in the nutrition department? GlobalFit can help! Call us today at 800.294.1500 or visit us online at globalfit.com to get started.

About the Author

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