

# Food Trend: The Best Pre-Workout Foods



B

y Nicole Maher

We've all heard the saying that abs are made in the kitchen, right? As we move through the new year, many of us may be trying to stick to resolutions revolving around getting in shape. However, it can be frustrating if you are going into your workouts feeling tired or like you haven't seen any results yet. These feelings could be products of the foods you're eating before beginning your fitness routine. Try incorporating some of the following [food trends](#) into your pre-workout routines this year to help you stay energized and experience the best results.

# Check out these five food trends to pick the perfect pre-workout food for your fitness plan.

**1. Oats:** Oats make for the perfect pre-workout food because of their high fiber content. Their high ratio of fiber allows them to release carbohydrates at a slower rate than other foods. This slow release of carbs over the course of a workout rather than all at once will help you maintain a consistent energy level throughout your exercises rather than experiencing an abundance of energy followed by a hard crash. Oats that are less processed, such as Irish oats, are generally better as a pre-workout snack.

**Related Link:** [Food Tips: 5 Healthy Lunch Options](#)

**2. Grilled chicken:** If you're looking to take on a big workout for the day, or are taking part in some kind of athletic event, it is important to eat something that is high in protein. Grilled chicken is the ideal protein-packed food because it is healthier than fried chicken options. If you are looking to build muscle mass over time, incorporating grilled chicken into your regular weekly diet is also helpful in experiencing the best results from your workouts.

**Related Link:** [Food Tips: Juice Cleanses Do's and Don'ts](#)

**3. Bananas:** Bananas are one of the most beneficial and versatile foods when it comes to preparing for a workout. You can either enjoy a banana as a snack before heading to the gym, or mix one into a pre-workout smoothie. This fruit has plenty of natural power as it is packed with both carbohydrates and potassium. Ninety percent of the calories in bananas are carbs, which help fuel both the body and the mind during a workout. The potassium found in this pre-workout food also helps support nerves and muscles as you make your way

through different exercises.

**4. Greek yogurt:** Like chicken, another food that is packed full of protein is Greek yogurt. While regular yogurt is also a good option, Greek yogurt typically has less sodium and more protein, making it a better pre-workout snack. This protein will help build and protect your muscles during your workouts. Mix this food trend with some fruit to gain the best results in your workout. The added fruit to Greek yogurt will give you some extra carbohydrates as you get ready to workout, which will help keep your energy levels high.

**5. Trail mix:** Following the trend of protein, another great option for building and maintaining muscles is trail mix. It is the nuts found in trail mix that are the largest source of protein. However, these nuts are also typically high in fat, which would not make them the best option if your main objective of working out is to lose weight. Opting for a trail mix with dried fruit rather than chocolate is also a good way to make this food trend more effective, as the fruit offers more carbohydrates and cuts back on the calories found in chocolate.

**What are some other pre-workout foods that can help you make the most of your fitness routine? Start a conversation in the comments below!**