



How To Fuel Your Workouts After Bariatric Surgery

**Your Guide For Fueling
Before, During, and After Workouts**



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Have you begun increasing your overall movement and find that you have low energy throughout? Or do you find it hard to recover and be ready for the next day's workout?

Maybe you aren't achieving the results you wanted and are feeling confused about what and how much you should be eating to fuel these new goals?

This guide will help you to select the most optimal foods to charge your muscles **before**, **during**, and **after** your workouts so that you can crush your goals and feel great doing it!



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PRE-WORKOUT GUIDELINES

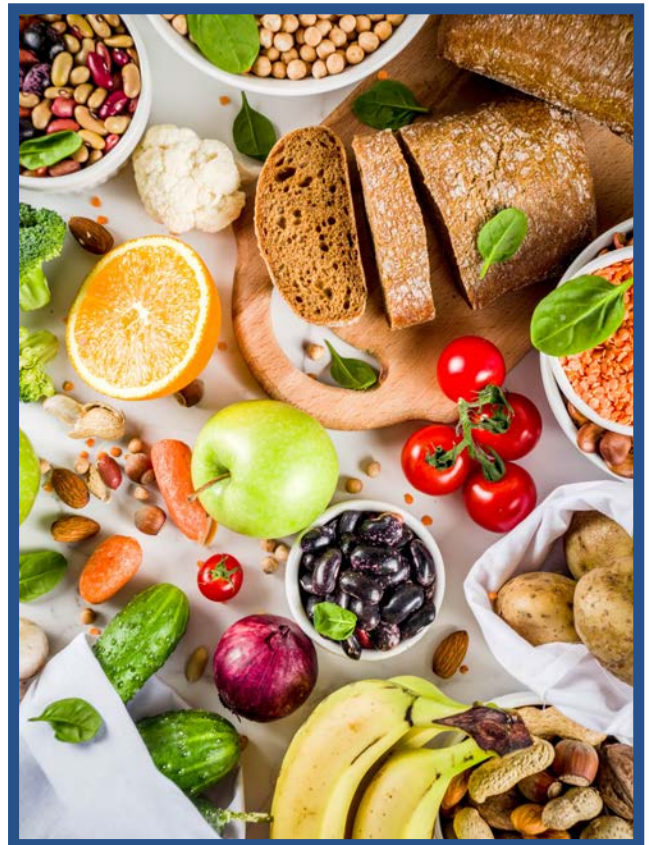
Carbohydrate is the preferred energy source that fuels our muscle at moderate to high intensity levels. As your movement duration, frequency, and intensity level increases, your overall carbohydrate needs will also increase.



How do I know when it's time to start increasing my carbohydrate intake after surgery?

As always, follow your surgical center's post-operative dietary guidelines. However, once approved to do so, you will likely benefit from the addition of more overall carbohydrate intake above your bariatric nutrition guidelines when you are moving your body a minimum of 4-5x/week consistently for at least 45-60 minutes or more.

This can be done by incrementally increasing carbohydrates by 15 g per meal or by adding in a pre-workout snack. Your individual carbohydrate goals will be unique to you, how you feel, your training goals, and at what stage you are in in your bariatric journey.



KIM'S NUTRITION TIP:



Begin slowly increasing your carbohydrates by 15 g increments at each meal. Examples: 1/2 banana, 1/2 c oats, 1/3 c brown rice or pasta, 1/2 c beans, 1/2 c potato, 3/4 c berries



TIMING OF PRE-WORKOUT MEALS OR SNACKS

What and how much to eat will depend upon how much time you have until your workout.



3 - 4 hours Pre-Workout

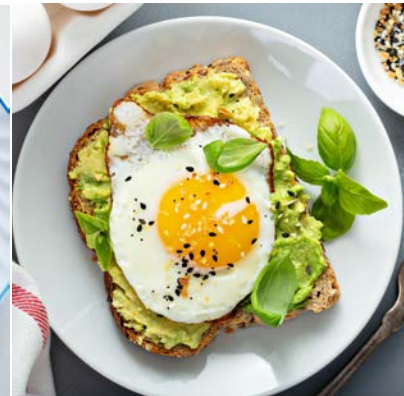
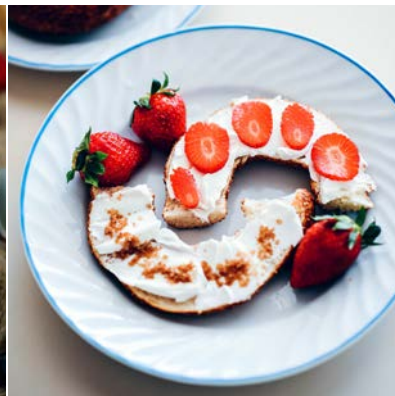
When you have a longer period of time prior to your workout, you can **consume a more well-balanced meal** including a serving of lean protein (20-40 g protein), carbohydrate-rich foods such as whole grains and fruits (30-45 g carbohydrate) and should be low in fat and fiber to prevent any GI issues like bloating, cramping, or diarrhea.

Trial and error will be key in determining what you tolerate best and how much. **Keeping a food log** to track both your intake and how you feel in your workout can be a helpful tool to understand your fueling needs.



3-4 Hours Pre-Workout Meal and Snack Ideas

- Low-fat Greek yogurt topped with berries
- Oatmeal paired with Greek yogurt and fruit
- 1-2 Eggs with 1 slice whole grain toast and sliced ½ banana
- Deli meat on an English muffin or half bagel paired with fruit
- Lean chicken breast paired with quinoa and fruit



TIMING OF PRE-WORKOUT MEALS OR SNACKS

What and how much to eat will depend upon how much time you have until your workout.



1 hour Pre-Workout

Because we want to make sure the carbohydrates you are ingesting will be available to your muscles to use quickly, you will want to **consume easy-to-digest carbohydrate foods or fluids in small portions** as you get closer to starting your workout. Your food should be low in protein, fat, and fiber to help speed digestion and absorption of carbohydrates.

Aim for 15-30 g carbohydrate in the 1-2 hours pre-workout.



1 Hour Pre-Workout Snack Ideas

- ½-1 banana
- Applesauce pouch
- 2-3 graham crackers
- 2 dates
- Handful of pretzels
- Dry cereal
- Toast with jelly
- Fruit chews or gummies
- Sports drinks- Gatorade, Powerade, G2



DURING WORKOUT FUEL AND HYDRATION GUIDELINES

Your 64 oz daily water intake does not take into account any sweat losses from your workouts and need to be replaced to prevent dehydration.



If your workout is **less than 1 hour**, sipping on water throughout the workout can be sufficient.

If your workout is **longer than 1 hour** continuous, OR if the weather is very hot and humid, incorporating carbohydrates and electrolytes can help decrease onset of fatigue, dehydration, and fuel your muscles.

For workouts or competition that lasts for **1-2.5 hours in duration, consume 30-60 g carbohydrate per hour.**

Aim to consume 4-6 oz fluids every 15 minutes during your workouts.

KIM'S NUTRITION TIP:



Include 250-500 mg sodium per hour to replace what you are losing in your sweat. Salty sweaters may need higher amounts of sodium.



SPORTS NUTRITION PRODUCTS

		Serving Size	Carbohydrate	Sodium
	Gatorade Thirst Quencher	20 oz	36 g	270 mg
	Powerade	20 oz	34 g	250 mg
	UCAN Energy Powder	1 serving powder	21 g	170 mg
	UCAN Edge Energy Gel	1 gel packet	19 g	55 mg
	Gatorade Endurance Energy Gel	1 packet	20 g	100 mg
	Skratch Lab Energy Chew Sport Fuel	5 pcs	19 g	35 mg
	Huma Energy Gels Plus	1 packet	21 g	240 mg
	Maurten Gel 100	1 packet	25 g	20 mg
	Maurten Drink Mix 160	1 serving	39 g	160 mg
	Momentous Fuel Drink Mix	1 serving	28 g	300 mg
	Gu Energy Gel	1 packet	22 g	60 mg

If you do not tolerate sports nutrition products, you can also try whole foods rich in carbohydrates and contain sodium such as pretzels, graham crackers, dates, applesauce pouch, raisins, dry cereal, granola, and fig bars to fuel your endurance workouts.



POST-WORKOUT RECOVERY NUTRITION GUIDELINES

You need to refuel your body with carbohydrates, protein, AND fluids post-workout!



30-60 mins Post-Workout

- If possible, begin to eat or drink your meal **within 30-60 minutes** after your workout is completed to optimize recovery.
- Ideally, aim for at least **20-40 g protein** and at least **30 g carbohydrate**. Both are required to enhance the recovery process.
- For every 1 lb lost in sweat, **rehydrate with 16-24 oz**. This is in addition to your daily fluid goals.



Post-Workout Meal and Snack Ideas

- Protein shake + ½-1 banana (can be separate or blended in)
- Greek yogurt with berries and nuts or seeds
- Deli meat sandwich
- Cottage cheese with fruit and whole grain crackers
- Egg sandwich with sliced tomato and avocado
- Chicken and rice bowl with black beans





Hello, I'm Kim!

As a Registered Dietitian with 16 years of experience working with active bariatric individuals, I have seen how frustrating it can be to not have the individualized guidance to fuel your fitness goals after bariatric surgery.

My passion is to help you reach your goals beyond the scale and feel great doing it! I want you see the results you previously thought were impossible.

Let's work together! We will focus on YOUR unique goals and needs by developing an achievable and personalized nutrition plan.

I'm here for you when you're ready!

Book a Free 15-minute Discovery Call now!



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