

[IMAGE]

## Five Great Post-Workout Foods

Do you reach for a tall glass of water after an intense workout? It is always important to rehydrate, but did you know it is also important to eat the right foods to get the most out of your workout?

Next time you want to do something good for your body, make sure to grab one of these foods post-workout:

### 1. Eggs

Low in calories and high in protein, eggs are an ideal post-workout food because of their ability to keep you full after a work-out, without weighing you down too much.

### 2. Bananas

Powerful workouts require carbohydrates. One medium-sized banana happens to have about 110 calories and 30 grams of carbohydrates, making them a great snack to follow any cardio or aerobics activity.

### 3. Berries

On top of being sweet and sometimes tart, berries are filled with energy-packed vitamins and antioxidants. More specifically, the Amazon Rainforest's Camu Camu berry is rich in valine, which is used by the body to prevent muscle breakdown post-exercise. According to powder-form distributors Amazon Origins, this super berry is also rich in leucine, which promotes muscle growth and recovery.

### 4. Greek Yogurt

What's the biggest catalyst to muscle growth? Protein. With double the amount of protein than regular yogurt, Greek yogurt provides the body with a great protein infusion while having few calories and sugar.

### 5. Nuts

Nuts provide carbohydrates, protein, and the best kind of fats for your body. More specifically, pistachios are great for post-workout due to their richness in potassium- an electrolyte lost through sweat.

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