When to Eat If You're Going to Exercise

Is it better to exercise and then eat, or eat and then exercise? Follow these guidelines.

- Don't eat much right before a workout, because your body will divert blood to your muscles and away from your digestive organs, disrupting the process of digestion. In general, eat a light meal about 60 to 90 minutes before your workout.
- Always eat breakfast. If you exercise before breakfast, you may reduce fatigue if you eat a small amount of food—like a small glass of juice or a piece of toast—15 or 20 minutes before you work out.
- If you exercise before dinner or late in the day, make breakfast and lunch your main meals. To boost energy levels, have a late-afternoon snack.

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