Heart Failure and Exercise
Healthy Eating to Fuel Your Workout

Examples of what to eat before your workout:
• Banana with almond butter (2 tablespoons)
• Multi-grain crackers (10) with hummus (3 tablespoons)
• Oatmeal (1/2 cup) with berries (1 cup), sweetened with stevia or agave
• Apple and walnuts (1/4 cup)
• Low fat cheese or yogurt.

Examples of what to eat after your workout:
• Salad with sliced chicken (1/2 cup), light olive oil and vinegar
• Sautéed or steamed vegetables (1 cup) with low salt tofu (1/2 cup)
• Quinoa bowl (1 cup) with black berries (1 cup) and pecans (1/4 cup)
• Multi-grain bread (2 slices) with raw peanut butter (2 tablespoons) and agave nectar
• Burrito with beans (1/2 cup), brown rice (1/2 cup), guacamole (2 tablespoons), and salsa