

RUCHI GURNANI · NUTRITIONIST

Eat right around your workout

10 things the research says about food, protein and training. Most of what the gym tells you is not on this list.

Swipe 👉

1

OF 10



There is no 30-minute window

How much protein you eat in the day predicted muscle growth. When you ate it did not. The rush to drink a shake in the changing room is not supported.

DO THIS

Eat a proper meal with protein within a couple of hours, before or after. Total for the day is what counts.

2

OF 10



More protein stops working at about 1.6 g per kilo

Past about 1.6 g of protein per kilo of body weight a day, extra protein added no further muscle in a pooled analysis of 49 trials.

DO THIS

A 70 kg person: about 110 g a day, spread over meals. Beyond that you are paying for expensive urine.

3

OF 10



70% of Indian protein powders fail their own label

In a study of 36 protein supplements sold in India, about 70% had less protein than the label claimed.

DO THIS

Food first: eggs, paneer, dahi, dal, chicken, fish, soya. If you use a powder, pick one with a third-party test on the tin.

4

OF 10



BCAAs do nothing extra

In a 2025 review, only one of five studies found any effect of BCAA supplements on body composition. If you eat enough protein, they are already in it.

DO THIS

Skip the BCAA jar. Put the money into the dal, eggs and paneer that carry the same amino acids with everything else attached.

5

OF 10



Your pre-workout breakfast has almost no protein

Poha, upma, idli, paratha give about 5 to 6 g of protein. That is a tenth of the day, and the meal most people train after.

DO THIS

Two eggs, a bowl of dahi, sprouts or paneer alongside whatever you already eat. Then train.

6

OF 10



Cardio alone does not keep your muscle

In the pooled trials, weights protected lean tissue during a calorie cut and cardio alone did not. Walking alone will not hold on to it either.

DO THIS

Two days a week of muscle work is the WHO minimum. Squats, push-ups, a filled bottle. Cardio on top, not instead.

7

OF 10



Skip the ice bath after lifting

Cold water straight after weight training reduced the muscle and strength gained, across two separate pooled analyses. It undoes part of the work you just did.

DO THIS

Warm shower on lifting days. If you love cold water, keep it for rest days or after a run.

8

OF 10



Two minutes of walking after a meal

Breaking up sitting with two to five minutes of light walking lowered blood sugar after meals more than standing did. Small, free, and it works.

DO THIS

After lunch and dinner, walk to the end of the road and back. The dishes count too.

9

OF 10



7,000 steps, not 10,000

In a 2025 review of 57 studies, most of the health benefit of walking had arrived by about 7,000 steps a day. The 10,000 came from a pedometer advert.

DO THIS

Aim for 7,000 on ordinary days. More is fine, but do not skip a walk because you cannot hit ten.

10

OF 10



Lifting does not make women bulky

Measured as a share of what they started with, women build muscle at much the same rate as men. In absolute kilos men gain a bit more, mostly in the upper body.

DO THIS

Pick up the heavier weight. The 'toned' look people want is muscle with less fat over it. There is no other way to it.

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