



RECOVERY NUTRITION 1,2,3

WHY IS RECOVERY NUTRITION SO IMPORTANT?

- ⇒ Consuming a carbohydrate/protein snack with ample amounts of fluids within 30 minutes of completing a hard workout, game, match, race, etc....will help repair damaged muscle fibers and replenish energy stores more efficiently than if you wait longer or do not consume anything at all.
- ⇒ Always incorporate fluids, carbohydrates, and protein (1,2,3) in your recovery snack to maximize your recovery and ultimately maximize your performance.

1,2,3: FLUIDS, CARBOHYDRATES, PROTEIN

- ◇ **Fluids:** In general you need to consume ~24 ounces of fluid post-exercise, but if you know your sweat losses, you need to consume ~20-24 ounces for every pound lost during activity.
 - ◇ Consuming a sports drink that contains carbohydrates (4-8% content) may be a better option since it is supplying carbohydrates as you hydrate.
- ◇ **Carbohydrates:** This macronutrient is the primary fuel source for your muscles and brain. During exercise, your glycogen stores in your muscles are depleted. Carbohydrates consumed post-exercise will help replenish these stores and get you prepared for your next workout/competition.
 - ◇ Consuming carbohydrates that have a higher glycemic index may help replenish your glycogen stores more efficiently post-workout/competition. Carbohydrates that are made up of more simple sugars such as: sports drinks, sport gels, white bread products, puffed rice or corn flake cereals, ripened bananas, watermelon, or rice cakes are good examples of high glycemic index foods. Incorporating a high glycemic item in your recovery snack may help replenish your glycogen stores more efficiently.
 - ◇ Consuming 1-1.5 g of carbs per kg of body weight is recommended post-exercise
- ◇ **Protein:** Plays a huge role in recovery nutrition. Protein helps repair muscle tissue, reduce muscle breakdown, and ultimately helps maximize strength and size, in combination with carbs.
 - ◇ Consuming 0.2 g - 0.4 g of protein per kg of body weight is recommended post-exercise



Recovery Nutrition Timing

Timing post-intense (>60min) exercise/competition	Carbohydrate Amount (Grams) (Lower range more weight training focused, higher range more cardio focused)	Protein Amount (Grams) (Lower range more cardio focused, higher range more weight training focused)
Within 30 min	1-1.5 g per kg of body weight	0.2-0.4 g per kg of body weight
2 hours post-exercise/competition	Repeat above if you don't have the opportunity to eat a meal	Repeat above if you don't have the opportunity to eat a meal
4 hours post-exercise/competition	Repeat above if you don't have the opportunity to eat a meal	Repeat above if you don't have the opportunity to eat a meal

*Note: To find your body mass in kilograms, take your weight in pounds and divide by 2.2

Example: $150 \div 2.2 = 68$ kg

Recovery Nutrition Examples

- ⇒ 1 large bagel + 1 carton (8 oz) lowfat chocolate milk + 1 med. piece of fruit + 16 oz water = 110 g carbs, 20 g protein, and 24 oz of fluid
- ⇒ 1 bottle of Critical Reload (mixed with 8 oz lowfat milk) + 1 med. piece of fruit + 16 oz water = 80 g carbs, 27 g protein, and 24 oz of fluid
- ⇒ 2 cartons lowfat chocolate milk + 1 Clif Bar + 1 med. piece of fruit + 16 oz water = 115 g of carbs, 25 g protein, and 32 oz fluid
- ⇒ 1 container PowerAde Protein Milk + 1 med. piece fruit + 16 oz PowerAde = 100 g carbs, 27 g protein, and 32 oz of fluid
- ⇒ 1 large bagel + 2 Tbsp peanut butter + 1 carton (8 oz) lowfat chocolate milk + 16 oz water = 95 g carbs, 27 g protein, and 24 oz of fluid
- ⇒ 1 carton (8 oz) lowfat chocolate milk + 1 med. piece of fruit + 1/2 bagel + 16 oz of water = 70g carbs, 14 g protein, and 24 oz of fluid
- ⇒ 1 Clif Bar + 1 med. piece of fruit + 16 oz PowerAde + 8 oz water = 90 g carbs, 10 g protein, and 24 oz of fluid
- ⇒ 1 Luna Bar + 1 med. piece of fruit + 16 oz PowerAde + 8 oz water = 73 g carbs, 10 g protein, and 24 oz of fluid
- ⇒ 1 Clif Bar + 1 med. piece of fruit + 1/2 bagel + 24 oz water = 90 g carbs, 13 g protein, and 24 oz of fluid
- ⇒ 1 mixed fruit/nut granola bar + 1/2 c dried fruit + 8 oz low-fat milk + 16 oz water = 95 g carbs, 13 g protein, and 24 oz fluid
- ⇒ 1-6 oz container of lowfat Greek yogurt + 1 med. piece of fruit + 4 fig bars + 24 oz water = 85 g carbs, 15 g protein, 24 oz of fluid

