



Recovery Nutrition



Sport requires energy, and the body gets this energy from calories in food (carbohydrate, protein, and fat). The body converts calories from carbohydrate-rich foods (grains, fruit, dairy) into a quick source of energy called glycogen, which is stored in the muscle and used for intense activity. This muscular fuel is like the body's gas tank; it needs to be filled before intense and/or long training sessions and refilled after so that the body can continue to perform at its best. Training uses up muscle glycogen, depletes fluid, and breaks down muscle tissue. Well-balanced eating and appropriate

hydration after a workout helps the body replenish lost fluid and nutrient stores, repair damaged tissue, and prepare for the next workout.

When you eat matters:

Pay attention to timing for best recovery results

- ✓ The body is primed to replenish lost nutrients soon after exercise. After a workout, game, match, or race, start refueling within 15-60 minutes.
- ✓ Recovery in 3 stages - see box for examples
 - 1.) **Snack + Fluid (15-60 min)**
carbohydrate & 10-15g protein
 - 2.) **Meal + Fluid (within 2 hrs)**
Balance (mostly carbs, lean protein, low fat)
 - 3.) **Snack + Fluid (within 4 hrs)**
carbohydrate & 10-15g protein

When is recovery crucial?

Fueling well after workouts is always important; however, certain types of training/competition require greater attention to detail:

- ✓ 2 or more training sessions per day
- ✓ Less than 8 hours between training sessions
- ✓ Endurance training sessions > 90 min
- ✓ Intense training
- ✓ Tournament / multi-day competition

Recovery Examples:

Stage 1: Snack

- ✓ Peanut butter and jelly sandwich
- ✓ Fruit yogurt
- ✓ Sport bar



If you don't have an appetite, choose drinks containing both carbohydrate and protein:

- ✓ Chocolate milk
- ✓ Sport nutrition recovery drink
- ✓ Smoothie with fruit and yogurt

Stage 2: Meal

- ✓ Pasta with tomato sauce, veggies & chicken
- ✓ Turkey sandwich, whole wheat crackers & fruit
- ✓ Stir-fry with rice, veggies, & lean meat

Stage 3: Snack

- ✓ Whole grain crackers & string cheese
- ✓ Graham crackers with peanut butter
- ✓ Cereal with low-fat milk

Recovery Fluids:

- ✓ Sport drink (carbohydrate + electrolytes)
- ✓ Sport nutrition recovery drink
- ✓ Milk / Chocolate milk
- ✓ Smoothies
- ✓ Water

