

“Nutrition for Good Recovery”



This brochure is an educational piece that outlines the case for good recovery nutrition and hydration and the impact these can have on performance.

For more specific information, please go to:

<http://www.ausport.gov.au/ais/nutrition>

Why should you care?

Next to training, nutrition is the **most controllable factor** that can help you perform your best and provide the *competitive edge!*

How does this relate to recovery?

Your body needs to do 4 things after training/competition:

- 1 – **Rehydrate**. Your body needs to replace fluid loss from activity.
- 2 – **Refuel** your body as soon as Possible.
- 3 – **Repair** your muscles.
- 4 – **Rest** so that your body can use the nutrients you have taken in.

When is the best time to help my body recover?

You want to have your post-training/competition meal within 30 minutes after activities. *Don't wait longer than 2 hours!*

Your meal should be composed of:

1. **Fluids** (water preferred) *immediately* to replace that which was lost during activity.
2. **Fuel sources**: foods with **carbohydrates, protein** and to also be **low in fat** (if not **fat free**).

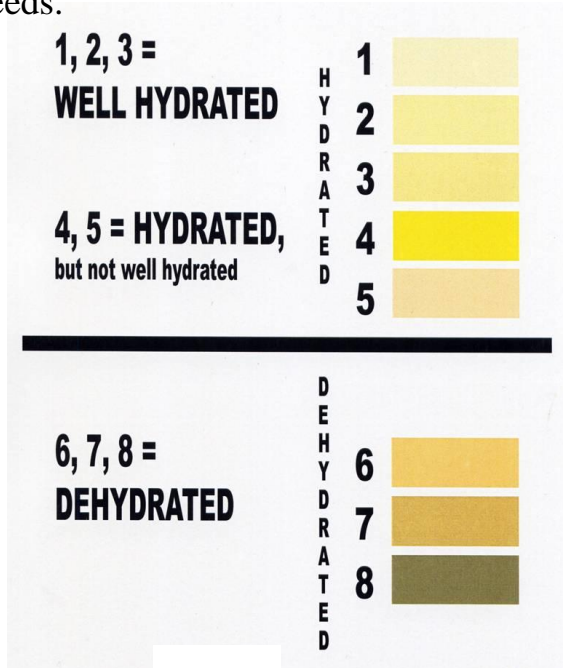
Again, the purpose of recovery is to provide adequate fluids, electrolytes, energy, and carbohydrates to replace muscle glycogen. This will allow you to better achieve success!

Hydration

Hydration *is necessary* to prevent dehydration that will hinder your body's ability to recover from working out.

Ways to know your hydration needs:

1. Weigh yourself before and after you work out or from competition. Drink about 20-24 ounces of fluid for every pound loss.
2. Check your urine color after activities. Use the chart below to identify your needs.



Fuel Sources

What you need to know

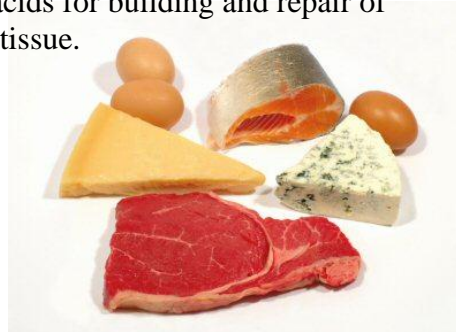
Carbohydrates (CHO):

- Need 100-150 grams of CHO
- Consumption of CHO within 30 minutes of activity speeds replenishment of glycogen.



Proteins:

- Need 10 grams of protein
- Protein consumed after exercise will provide amino acids for building and repair of muscle tissue.



Fat:

Foods that are lower in fat (or contain no fat) should be consumed due to the fact that fat does *slow down digestion* and may cause an upset stomach.



What Are Some Good Ideas?

Sports Drinks

- Specifically designed to provide *CHO, fluid* and electrolytes.
- Sodium in the drink stimulates the absorption of both water and CHO from the intestine.



Recovery Snacks

- Snacks that have a healthy combination of CHOs, protein and fluids.
- Want foods that contain moderately high to high glycemic carbohydrates

Examples:

- Chocolate milk
- Sports drink with a breakfast bar
- 2 bagels, 2 large bananas and water
- Fruit smoothie or milkshake
- Dried fruit, nuts and water



Post Work-Out Recovery Meal

Below is a meal put together to help meet your nutritional needs and optimize your health, to jump start the recovery process and get your body prepared for the next practice or competition.

Food Choice	Carbohydrates (g)	Protein (g)
1 Cup of seedless raisins	114.81	0.43
1 (15 grams) Peanut Butter Cookie	8.84	1.44
1 Cup of Lowfat Chocolate Milk	26.10	8.10
Totals:	147.75 g	9.93 g



Within 2 hours of the recovery snack, follow up with a balanced meal consistent of lean protein, complex carbohydrates, fruits or vegetables and low fat milk. This meal will continue the recovery process.

For more specific information, please go to:

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Food Choice	Carbohydrates (g)	Protein (g)
2 cups of boiled green beans (no salt)	19.70	4.72
2 raw apples with skin	38.12	0.72
1 piece (112 grams) of White cake with coconut frosting	70.78	4.93
1 cup of bottled apple juice	28.97	0.15
Totals:	157.57 g	10.52 g



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Food Choice	Carbohydrates (g)	Protein (g)
3½" cinnamon raisin bagel	39.19	6.96
2 chocolate chip granola bars	39.80	3.20
2 cups of bottled apple juice	57.94	0.30
Totals:	136.93 g	10.46 g



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Food Choice	Carbohydrates (g)	Protein (g)
2 cups of boiled carrots (no salt)	25.64	2.38
2 raw bananas	53.90	2.58
2 Fruit toaster pastries	72.00	4.86
24 ounces of water	0	0
Totals:	151.54 g	9.82 g



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Food Choice	Carbohydrates (g)	Protein (g)
2 cups of long-grain white rice	89.02	8.5
1 tbsp of onion flakes to season rice	4.16	0.45
2 Nutri-Grain fruit-filled cereal bars	53.58	3.26
24 ounces of water	0	0
Totals:	146.76 g	12.21 g



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Food Choice	Carbohydrates (g)	Protein (g)
1 Cup of raw broccoli	5.84	2.48
2 slices of banana bread	65.52	5.16
2 cups of tangerines (in light syrup)	81.60	2.26
24 ounces of water	0	0
Totals:	152.96 g	9.90 g



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