

# How To Eat After a Workout or Competition to Help My Body Recover



## After Exercise Refueling – The Facts

1. Help body regain pre-workout status.
2. Get body ready for next practice, workout, or competition.
3. Combination of high carbohydrates and protein foods and fluids.

## Why Should I Refuel?

1. Muscles' energy is used up during workout and muscles are tired.
2. Need to restore muscles' energy sources asap.
3. Refueling gives muscles the protein needed to build energy back up.
4. Eating right after workouts is a simple habit that can help you to compete your highest personal level.

## What Do I Need To Know?

1. Recovery nutrition (eating) is important for athletes who:
  - a. Complete intense workouts every day.
  - b. Complete intense workouts more than 1 time per day.
  - c. Have more than 1 competition or game in 1-2 days.
2. A good recovery nutrition plan:
  - a. Helps restore body's energy.
  - b. Provides muscles with needed protein to build back up.
  - c. Helps athletes perform at their best.
3. Best eating plan: drink and eat fluids, carbohydrates, and proteins within 30 minutes of end of workout or competition.
4. Choose fluids with carbohydrates and protein – helps the most without causing stomach upset.

# The Simple Approach To Recovery

## FLUIDS



1. Most weight lost during workout is due to sweating.
2. Drinking water is important to replace sweat loss.
3. For every 1 pound of body weight lost, drink 24 oz of water

FLUID RECOMMENDATION → water or sports drink

## CARBOHYDRATES



1. Exercising burns carbohydrates stored in your body.
2. By eating carbohydrates within 30 minutes of your workout, you put the carbohydrates back into your body so you're ready for the next workout.

CARBOHYDRATE RECOMMENDATION → 50 grams carbohydrates

Examples: bagels, graham crackers, pretzels, granola bars, fruit, flavored milks, sports bars, and sports drinks

## PROTEIN



1. Helps muscles recover and prevent breakdown.

PROTEIN RECOMMENDATION

Examples: yogurt, cheese, chocolate milk, breakfast or recovery beverages, deli meat, nuts/seeds/peanut butter, sports bars