

Fisher-Titus Medical Center

SPORTS INJURY GUIDELINES

“The Winning Team for Your Athletic Health Care Needs”

Recovery Nutrition

If you are training hard consistently, your recovery meal may be the most important you have during the day. Timing is critical. The longer you wait to refuel, the longer it takes to initiate the recovery process.

Recovery Nutrition Keys

- A well-designed recovery nutrition plan can play a critical role in replacing energy stores, repairing muscle tissue, and making maximal athletic gains.
- Studies show that beginning to eat or drink your recovery meal or snack within thirty minutes after a hard workout or competition is ideal.
- Increased blood flow to your working muscles post-exercise allows for rapid nutrient replacement.

The Right Time and Amount

Take in at least 50 grams of carbohydrates and 15 grams of protein within 30 minutes of finishing exercise AND again every 2 hours for the next 4 hours. The longer or more aerobic your activity is, the more carbohydrates you require.

Remember the 1-2-3 plan for recovery within 30 minutes:

1. Fluids (at least 20 ounces)
2. Carbohydrates (at least 50 grams)
3. Protein (at least 15 grams)

Source: *RKTeamNutrition.net*

The 1-2-3 Approach to Recovery:

1. **Fluids:** Every recovery nutrition plan should include plenty of fluids to help your body get back to your pre-workout body weight. Almost all weight lost during exercise can be attributed to fluid losses. Drink 2-3 cups of fluid for every pound you lost in a workout.
2. **Carbohydrates:** Think of carbohydrate as your body’s “muscle energy replenisher.” Consuming high-carbohydrate foods within 30 minutes “re-stocks” carbohydrate stores for the next workout when you need it. Including high glycemic index carbohydrates may be optimal post-exercise. Examples include: sports drinks, fruit snacks, white bagels, waffles, muffins, sugary cereals.
3. **Protein:** Protein is essential in recovery because it helps repair muscle tissue and reduce muscle breakdown after workouts. So, while a carbohydrate refuels the energy in the muscle, protein repairs that muscle so it’s ready to go for the next workout.

Food Groups	Best Choices
Grains/Starches	Breads, cereal, rice, pasta granola bars, potatoes, bagels
Juices/Fruits	Orange, grape, apple, cherry juices; bananas, grapes, apples, melon.
Dairy Products	Milk, chocolate, yogurt, smoothies, cheese.
Liquid Meals	Recovery shakes, instant breakfast drinks, chocolate milk.
Sports Bars	High in carbohydrates (at least 20-30 grams) and moderate in protein (5-20 grams)
Other Liquids	Sports drinks, soy milk, honey