

SPORTS NUTRITION: POST-EXERCISE

PRACTICE THE 4-RS OF RECOVERY:

Replenish with carbohydrates

Repair with protein

Reinforce with fruits and veggies for antioxidants

Rehydrate with fluids and electrolytes



Meal & Snack Timing:

- Eat a **high-carbohydrate snack** with some **protein 15-60min** after working out or playing your sport
- Eat a **full meal** within **1-2 hours** and include carbohydrates, lean protein, healthy fats, fruits and/or veggies
- Always **HYDRATE** - aim for your pee to be light yellow or clear, and try to drink before you are thirsty!
- If you are playing in a tournament and you:
 - play again in **1-2hrs** -> eat a carbohydrate snack
 - don't play again for **over 2hrs** -> eat a more substantial snack or small meal with carbohydrates + protein

MEAL AND SNACK EXAMPLES

MEALS

(1-2hrs after)

- whole wheat tortilla with beans + cheese + salsa + veggies + avocado
- stir-fry with chicken or lean steak or edamame + veggies + brown rice
- pasta with chicken + marinara sauce + veggies of choice
- tuna salad sandwich on whole wheat bread + large apple



Refueling helps **prevent injuries** and can help you get **stronger and faster!**



SNACKS

(15-60min after)

- chocolate milk
- yogurt + fruit and/or granola
- bagel + peanut butter or cream cheese
- turkey or PB&J sandwich
- hard boiled eggs + English muffin
- cottage cheese + fruit
- smoothie with yogurt + frozen berries
- granola bar or trail mix



Getting plenty of **sleep** is also an important part of recovery!

