



## Nutritional Recovery After Exercise

Nutritional recovery is important to help your body replenish after training or competing. Reloading muscle after exercise enables you to be ready for the next day's activity.

Within 30 minutes after exercising you should consume foods with the ratio of 3 or 4 grams of carbohydrates to 1 gram of protein. This is especially important for strength training and any exercise exceeding one hour. During this time period, your body is much more efficient at replacing essential nutrients. For example, a good recovery food would contain 30 to 40 grams of carbohydrate to about 10 grams of protein.

The carbohydrate-protein combination can be consumed in either solid or liquid form (liquids are easier to digest).

### Liquids:

- Chocolate milk (8 oz. -- 27g carbs, 8g protein)
- Meal replacement shake (39g carbs, 13g protein)
- Small fruit smoothie with whey protein or yogurt (45g carbs, 11g protein)

### Solids:

- Energy bar (40-45g carbs, 10g protein)
- 1 serving cereal with milk (55g carbs, 13g protein)
- Plain yogurt with fruit or a fruit-flavored yogurt (19g carbs, 5g protein)

Don't forget about rehydrating after your workout! Hydration is essential to maintain performance. Weigh yourself before and after you exercise. You should drink 16 ounces of water for every pound lost as well as drinking water during the workout.

