

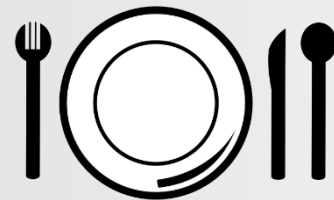
Maximize your training with recovery nutrition!

Replenish

- Replace glycogen stores by consuming carbohydrate
- Endurance workouts: 0.5 grams per pound of bodyweight
- Power workouts: 0.25 grams per pound of bodyweight

Ex: 150 lb athlete needs ~70 g carbohydrate (endurance workout)

70 g carb = 1 large apple + 2 slices bread



Repair

- Repair and build muscle
- Typically 20 – 30 grams protein (or 0.14 – 0.18 grams per pound of bodyweight)

Ex: 20 g protein = 8 oz chocolate milk + ½ PB&J on whole wheat OR 2 HB eggs + 1 string cheese

Rehydrate

- Replace fluid and electrolytes lost in sweat
- Consume 20-24 oz for every pound of bodyweight lost during a workout or competition
- Consuming fluids with carbohydrates and electrolytes (whether a sports drink or water plus a balance meal/snack) enhances fluid retention.

Example Recovery Choices for 150 lb Athlete	
Endurance Workout	Power Workout
8 oz chocolate milk ½ PB&J sandwich on whole wheat Apple	Smoothie: 20 g protein powder
1 cup vanilla Greek yogurt 1 cup mixed fruit	20 g protein bar Banana
2 hardboiled eggs String cheese Whole wheat bagel	2 hardboiled eggs Banana 2 tbsp PB or ¼ cup nuts

Boost Immunity & Manage Inflammation

- Consume adequate carb (inadequate intake promotes an increase in the stress hormone, cortisol)
- Include whole grains, fruits, & veggies in daily intake
- Choose lean proteins & unsaturated fats
- Adequate sleep!