



RECOVERY NUTRITION

WHO IS IT FOR? Athletes who train hard daily, who are competing in multiple games/events, or who train multiple times per day (i.e. two-a-days or lift and practice)

PURPOSE:

- Replace glycogen (energy) stores
- Repair muscle tissue
- Rehydrate
- Make maximal athletic gains
- Prepare your body for your next training session



WHAT YOU NEED...

FLUIDS:

“Think water and sports drinks”

Replace sweat losses..drink 2-3 cups of fluid for every pound of weight you lost during exercise

CARBOHYDRATES:

“Restocks your energy systems”

High glycemic index carbs are optimal after exercise because they are quickly digested:
Sports drinks, fruit snacks, pretzels, melons, honey, apple sauce, muffins, bagels, fruit cups, dried fruit

PROTEIN:

“Repairs muscle tissue and reduces muscle breakdown, essential for gaining muscle mass”
Ideally, intake of carbs and protein should be in a 4:1 ratio (i.e. 40g of carbs and 10g of protein)

BENEFITS:

- Enhanced performance in future exercise
- Appetite control for meals
- Lowered injury risk in future exercise
- Better compliance to training program
- Promotion of positive energy balance for weight gain

The Window of Opportunity:

Eat or drink your recovery meal or snack **within 30 minutes** of a hard practice or competition.



Carbohydrates	Protein	Carb & Protein Mix
Bread, cereal, granola bars, pasta, rice, cereal bars, potatoes, bagels, tortillas, crackers	Cheese, cottage cheese	Milk, chocolate or strawberry milk, soy milk, yogurt, smoothies
Fruit juices, bananas, grapes, apples, melons, berries, canned fruit	Nuts and peanut butter	Recovery shakes, instant breakfast drinks, high protein cereals
Fruit smoothies, honey, oatmeal, graham crackers	Chicken, tuna, deli meat, eggs	Sports bars with at least 20-30g of carbs and 5-20g of protein

RECOVERY OPTIONS

(From RKTeamNutrition.net Recovery Nutrition)

Recovery shake (Gatorade Protein Recovery shake, Muscle Milk Collegiate, Go Energy Recovery shake) + 16 ounces water

1 portable 12-ounce chocolate, strawberry, or vanilla milk (i.e. Horizon Organic portable cartons) + 1 granola bar + 16 ounces water

1-2 portable pre-made instant breakfast drinks (i.e. Carnation Instant Breakfast)

4 graham cracker/peanut butter square sandwiches with an 8-oz 100% juice box + 16 ounces water

16 ounces sports drink (i.e. Gatorade) + 1 sports bar (i.e. Gatorade nutrition bar) + 16 ounces water

1 cup trail mix (equal parts cereal, sunflower seeds, and dried fruit) + 16 ounces water

2 whole grain mini bagels with peanut butter + 16 ounces water

2 oatmeal packets mixed with peanut butter + 16 ounces water

Contact the Sports Nutrition office for more info...

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